



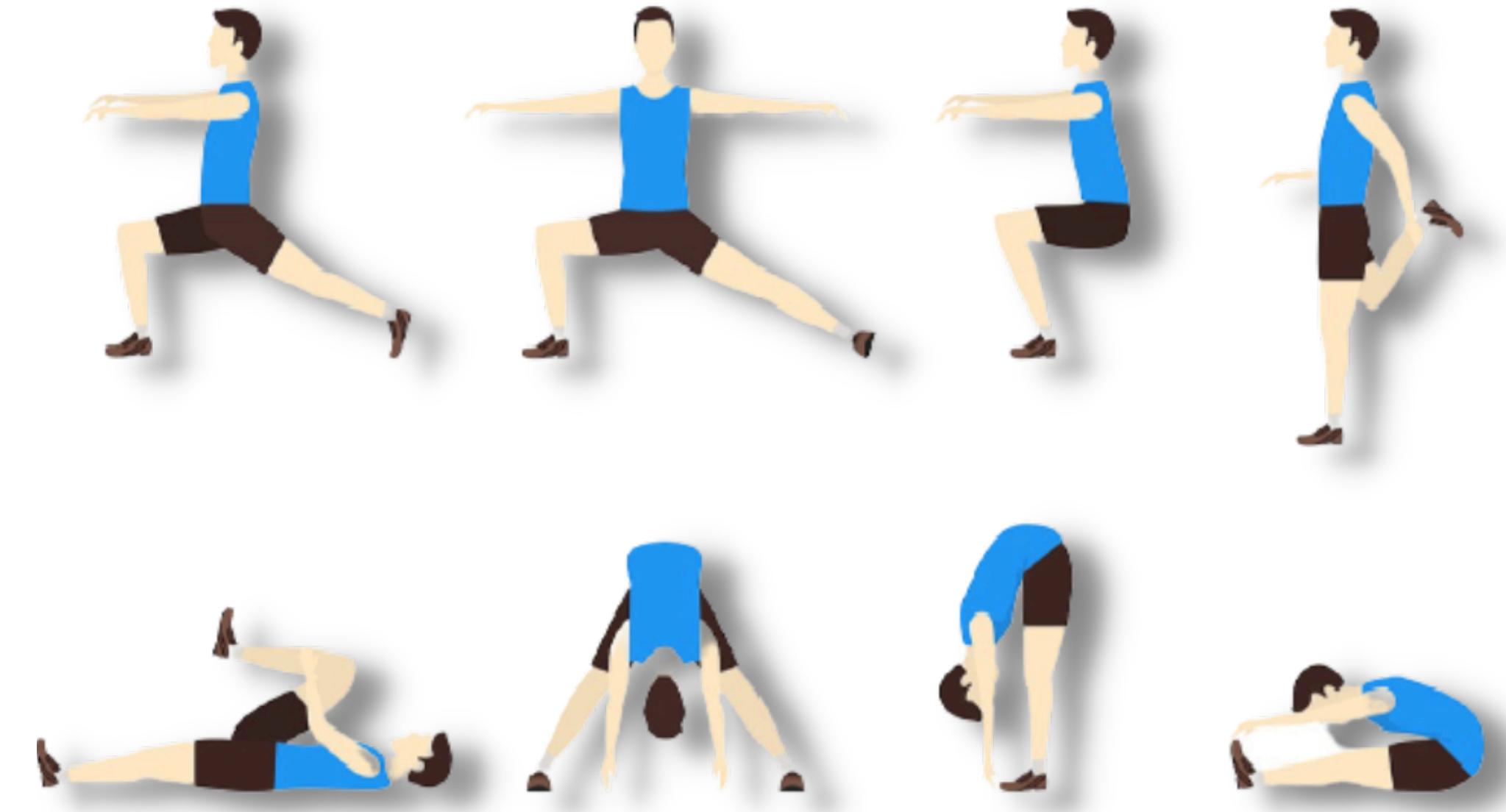
MAX WORKOUT

A dark, abstract geometric background composed of numerous small, dark grey triangles forming a complex, organic shape that resembles a head or a face. The lighting is low, creating deep shadows and highlights on the facets of the geometric form.

DAY - 2

Lower Body Day

- **DYNAMIC STRETCHES**



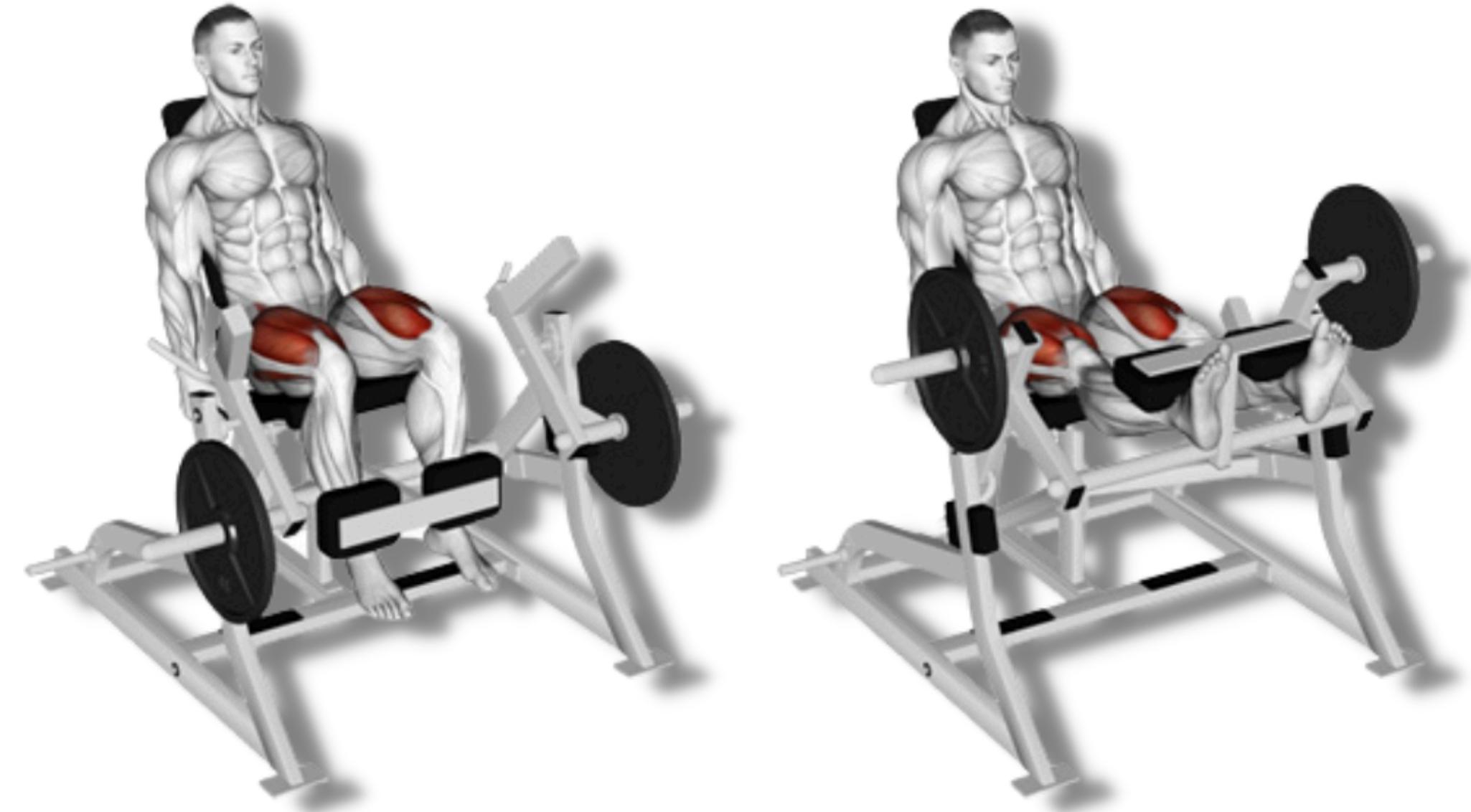
- WEIGHTED SQUATS
(4*15)



- **LEG PRESS**
(3*12-15)



- **LEG EXTENTION**
(3*12-15)



- **HAMSTRING CURLS**
(3*12-15)



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**WALL SIT
(TILL FAILURE)**



- **CALF RAISES**
(3*12-15)

