

Workout Review:

How was your workout?

Intensity

Too easy |—————| Too Hard

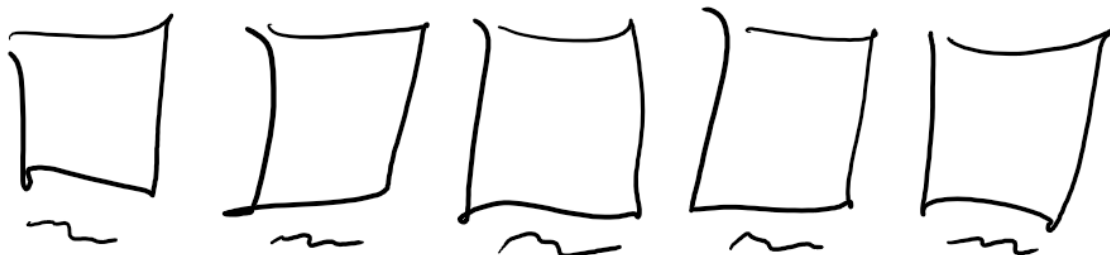
Length

Too short |—————| Too long

Movement

Too static |—————| Too Dynamic

Try something New:
upper body



Back/shoulders

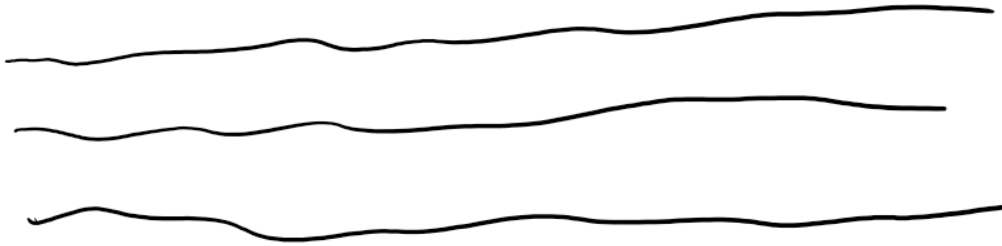


Squat (3 x 10)



(video)

How to do it right:



Review on Workout	
Was it too difficult?	Yes or No
Was it too easy?	Yes or No
Would you like more workouts similar to this?	Yes or No

