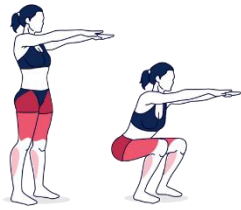


### Sirkuit 1 (2–3 set):

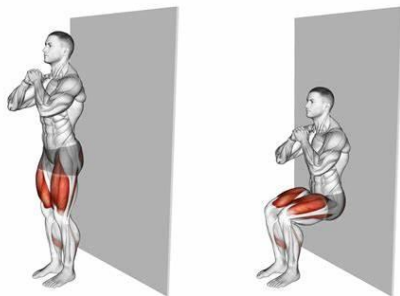
- Bodyweight Squat – 15x



- Glute Bridge – 15x



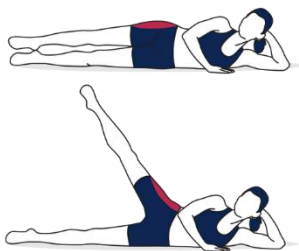
- Wall Sit – 30 detik



- Standing Calf Raise – 20x

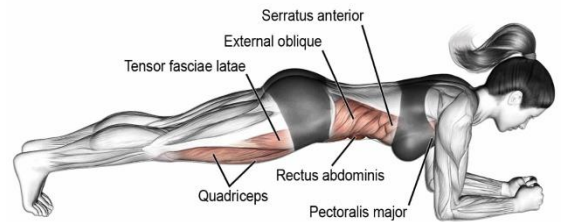


- Side Leg Raise – 12x per sisi



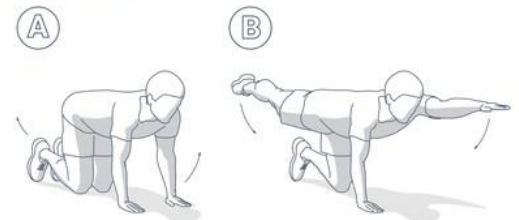
### Core (2 set):

- Plank – 30–60 detik



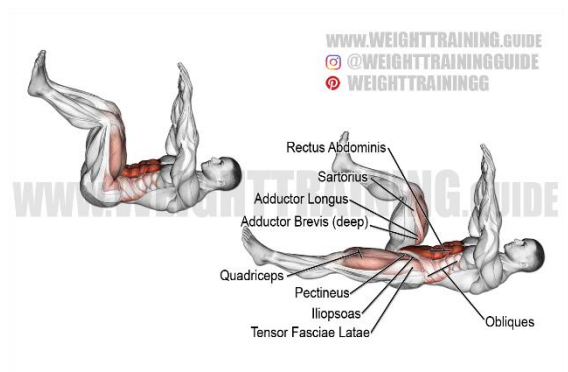
- Bird-Dog – 10x per sisi

#### BIRD-DOG



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- Dead Bug – 10x per sisi



**(Rest: 30–60 detik tiap set)**