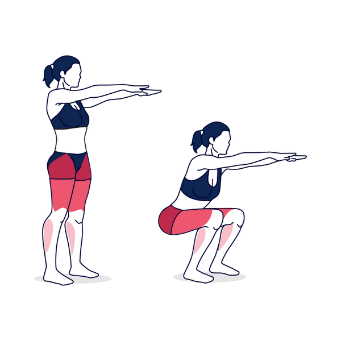
**Sirkuit 1 (2–3 set)**:

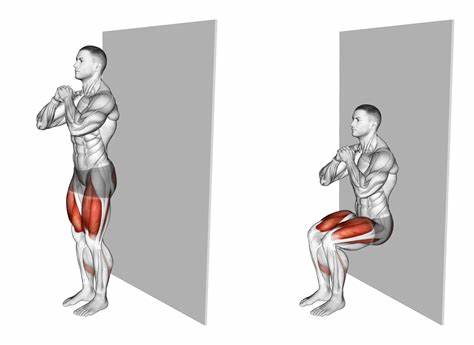
* Bodyweight Squat – 15x



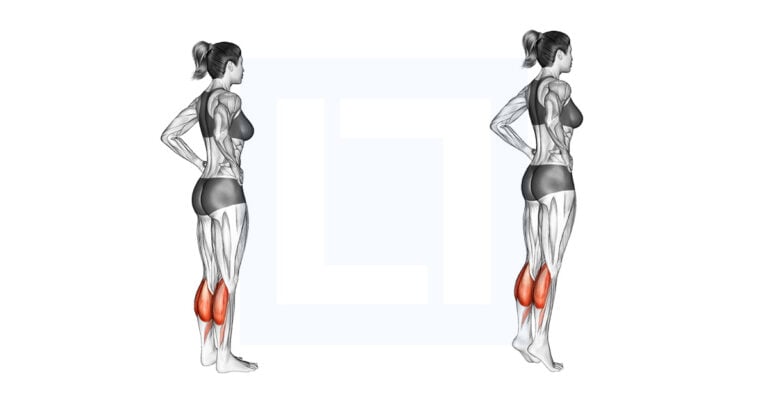
* Glute Bridge – 15x



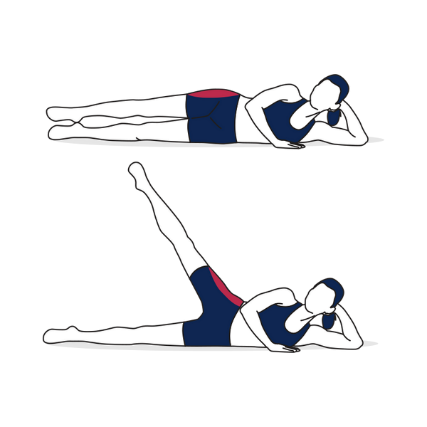
* Wall Sit – 30 detik



* Standing Calf Raise – 20x

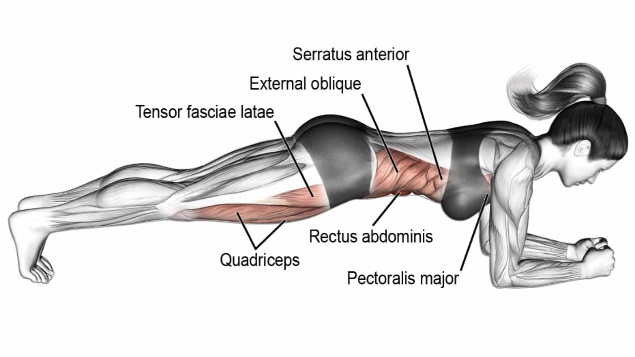


* Side Leg Raise – 12x per sisi

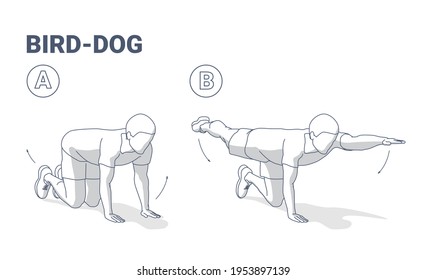


**Core (2 set)**:

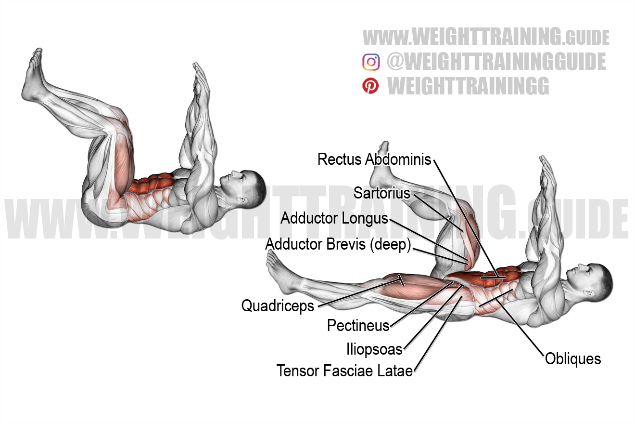
* Plank – 30–60 detik



* Bird-Dog – 10x per sisi



* Dead Bug – 10x per sisi



**(*Rest: 30–60 detik tiap set*)**