

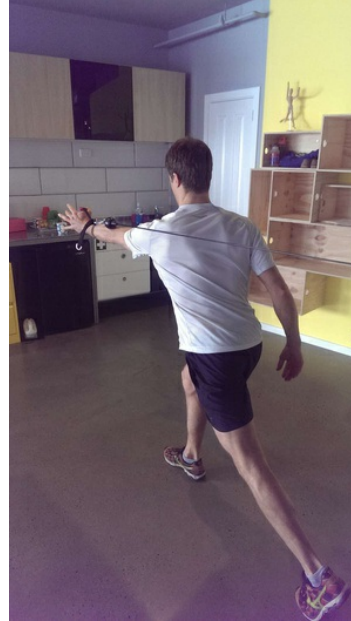
Set 1

Split Squat Cable Row



Sets: **3**
Reps: **8-10**
Load: **13kg**

Split Squat Single Arm Cable Push



Sets: **3**
Reps: **8-10**
Load: **8kg**

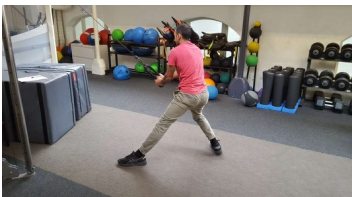
Reverse Lunge + Lat Pull (Pulley)



Sets: **3**
Reps: **8-10**
Load: **26kg**

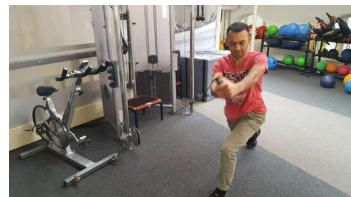
Set 2

Step into Lunge and Chop



Sets: **3**
Reps: **10-12**
Load: **15kg**

Split Squat Up Chop



Sets: **3**
Reps: **10-12**
Load: **6kg**