

# Workout

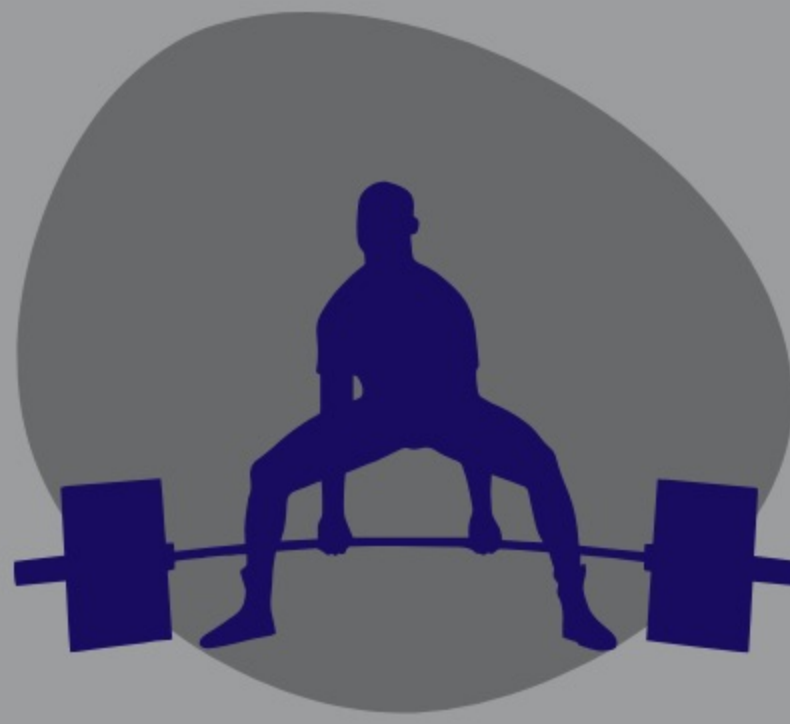
## LOWER BODY



### FIRST STEPS

Barbell Squat

Sets: 8 Reps: 12 Tempo: 2110 Rest: 10sec



### SECOND STEPS

Deadlift

Sets: 6 Reps: 12 Tempo: 2110 Rest: 10sec



### THIRD STEPS

Glute Kickback

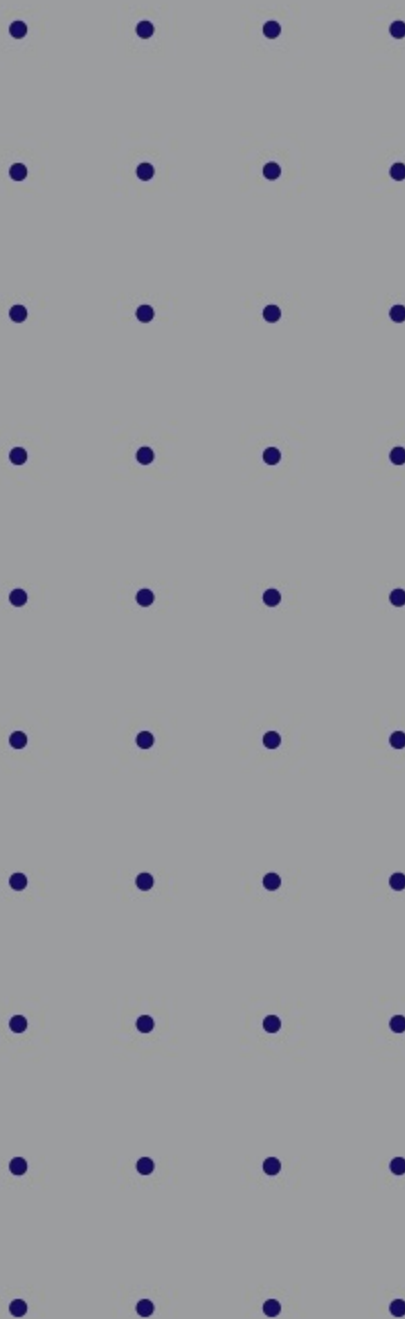
Sets: 16 Reps: 12 Tempo: 2010 Rest: 10sec



### FOURTH STEPS

Weighted Curtsy Lunge

Sets: 16 Reps: 12 Tempo: 2010 Rest: 10sec



Intermediate