

Workout

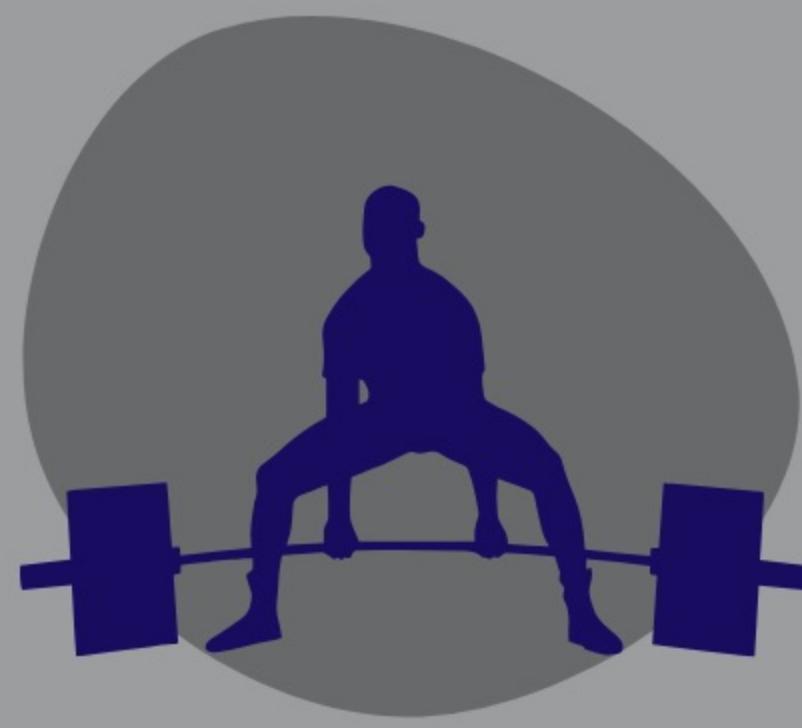
LOWER BODY



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