

# Workout

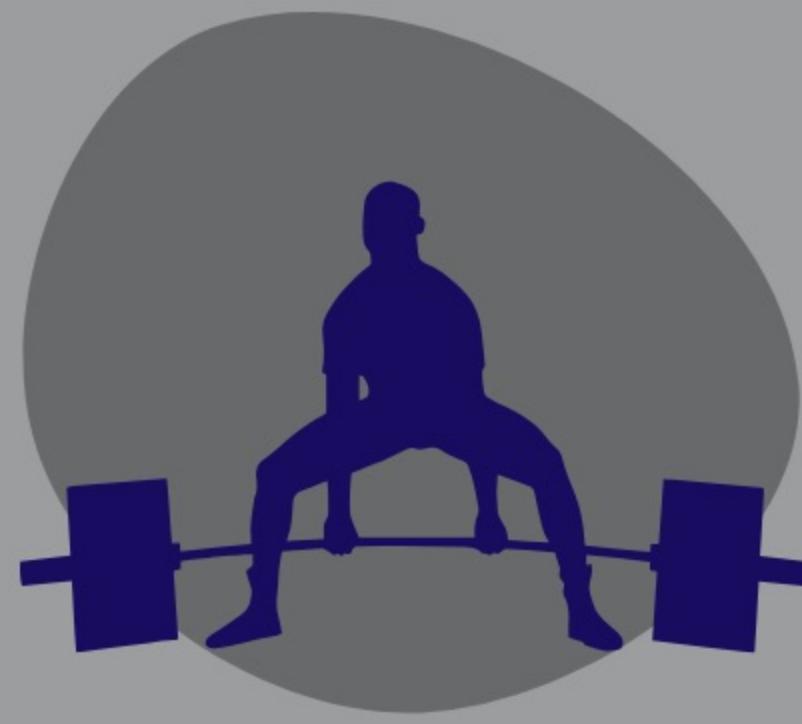
## LOWER BODY



## **FIRST STEPS**

## Barbell Squat

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



**SECOND STEPS**

## Deadlift

Sets: 5 Reps: 12 Tempo: 2110 Rest: 10sec



# **THIRD STEPS**

## Glute Kickback

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



## **FOURTH STEPS**

## Weighted Curtsy Lunge

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

# Beginner