

35% COMPLETE	
<input checked="" type="checkbox"/>	PP - TW1 - Day 3 - Wednesday - Test PP-2
<input checked="" type="checkbox"/>	PP - TW1 - Day 5 - Friday - Test PP-3
BASICS - Prep Phase - Week 2	
<input checked="" type="checkbox"/>	PP - W2 - Day 8 - Monday - Capi A
<input checked="" type="checkbox"/>	PP - W2 - Day 11 - Thursday - Capi B
BASICS - Prep Phase - Week 3	
<input checked="" type="checkbox"/>	PP - W3 - Day 15 - Monday - Capi A
<input checked="" type="checkbox"/>	PP - W3 - Day 17 - Wednesday - Capi B
<input checked="" type="checkbox"/>	PP - W3 - Day 19 - Friday - Capi A
BASICS - Prep Phase - Week 4	
<input checked="" type="checkbox"/>	PP - W4 - Day 22 - Monday - Circ A
<input checked="" type="checkbox"/>	PP - W4 - Day 24 - Wednesday - Circ B
<input checked="" type="checkbox"/>	PP - W4 - Day 26 - Friday - Circ A
BASICS - Prep Phase - Week 5	
<input checked="" type="checkbox"/>	PP - W5 - Day 29 - Monday - Circ A
<input checked="" type="checkbox"/>	PP - W5 - Day 30 - Tuesday - Capi

 PP - TW1 - Day 3 - Wednesday - Test PP-2

The main exercise area features a man in a low squat position, viewed from the front. Above him are two arrows: a red one pointing down with the number '2' and a white one pointing up with the number '2', indicating a 2-second hold. The background is black, and the entire scene is framed by a red border.

[illegible]

START EX.3 EX.4 EX.5

# SQUAT

10

## FIND 2ORM

11 +5M

START

EX.2

EX.3

EX.4

EX.5

10

NEXT EXERCISE

HOLLOW BODY CRUNCH

FIND 20RM

2

||

+5M