

EXERCISE	WK3	WK4	NOTES
<u>1 - Bird Dog</u> 3x10/side			
<u>2A- Deadlifts</u> 4x10			Heavy weights
<u>2B- Bent Over Row</u> 4x8/side			Medium weights
<u>3A- Lateral Step-Ups</u> 3x 8/side			Weight optional - focus on driving through the top foot vs pushing off the bottom toe
<u>3B- Front Raise</u> 3x12			Medium weights
<u>4A- Bulgarian Split Squat</u> 3x8/side			Medium weights
<u>4B- Seated shoulder Press</u> 3x6/side			Light weights- Resting arm extended
<u>4C- Single Leg Deadlift</u> 3x8/side			Medium weights

EXERCISE	WK3	WK4	NOTES
<u>1 - Pause squats</u> 3x10			Bodyweight
<u>2A- Squat</u> 4x12			Heavy weights
<u>2B- Chest Press</u> 4x8/side			Medium weights- Resting arm extended
<u>3A- Heel Elevated Goblet Squats</u> 3x 10			Heavy Weights
<u>3B- Pull-over</u> 3x8			Medium Weights
<u>4A- Tricep extension</u> 3x12			Light to Medium weights
<u>4B- Split Squat</u> 3x8/side			Medium weights
<u>4C- Narrow floor press</u> 3x10			Light to Medium weights

Please know that I have spent a lot of time putting this program together. This material is intended to be shared by only those who have purchased this membership. Please refrain from sharing this material and the intellectual property contained herein.

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