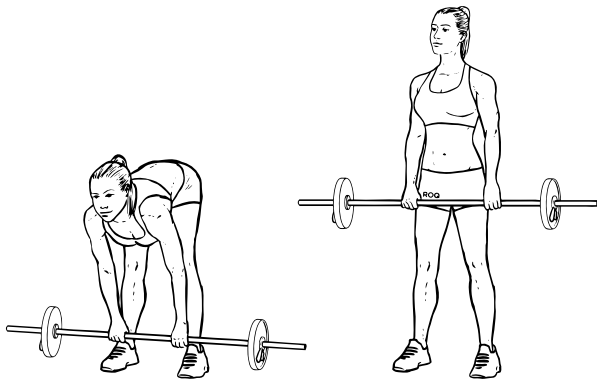


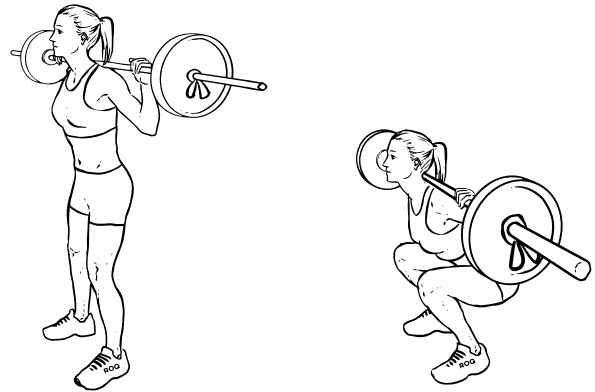
LOWER B - Tuesday

Stiff Legged Barbell Deadlift



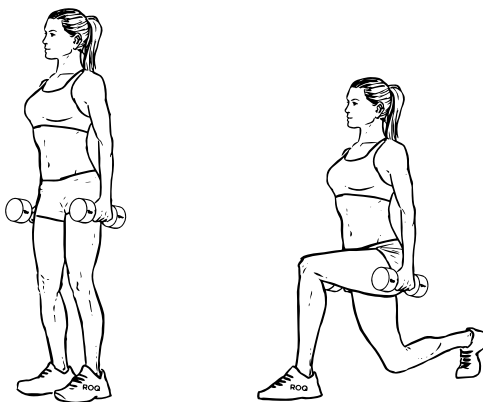
4 sets 10 reps

Barbell Squat



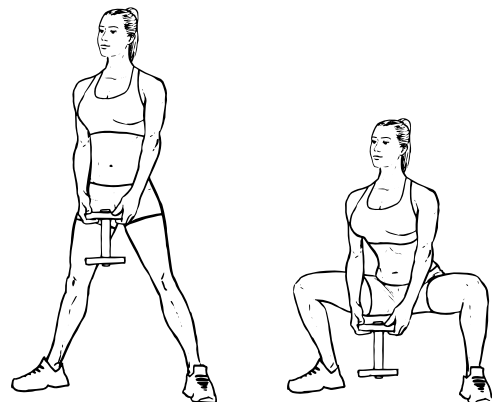
4 sets 10 reps

Dumbbell Lunges



4 sets 10 reps

Sumo / Plié Dumbbell Squat



4 sets 10 reps