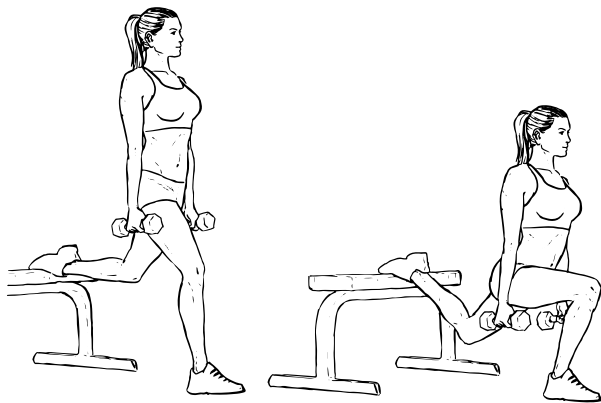


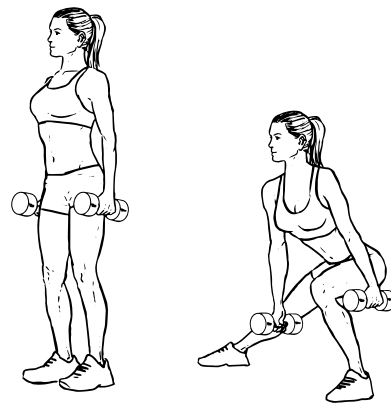
LOWER B - Friday

Bulgarian Split Squat



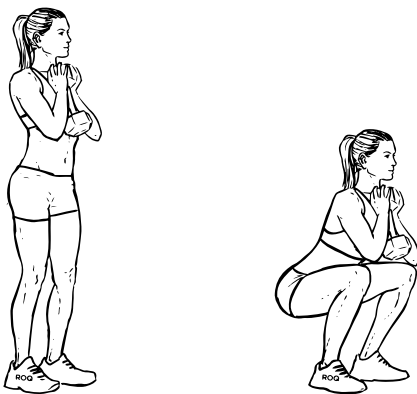
4 sets 10 reps

Dumbbell Side Lunge / Lateral Lunge



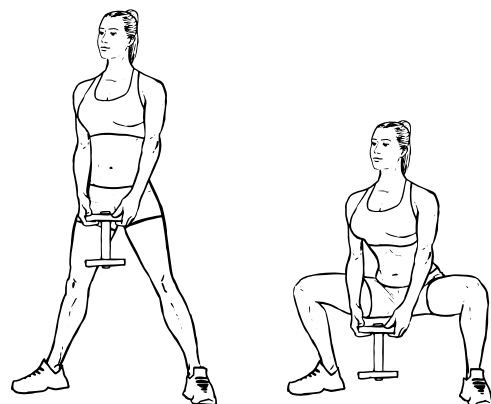
4 sets 10 reps

Goblet Squat



4 sets 10 reps

Sumo / Plié Dumbbell Squat



4 sets 10 reps