

PHASE 2

WORKOUT ONE: HOME WORKOUT

EXERCISE	REPS	SETS	TEMPO	REST
Squats	10	3-4	Slow & Controlled	Circuit
Single Leg Deadlift	10/leg	3-4	Slow & Controlled	Circuit
Supermans	10	3-4	Slow & Controlled	Circuit
Mountain Climbers	20	3-4	Fast	Up to 2 minutes rest.