

## PHASE 4

### WORKOUT THREE: GYM WORKOUT

EXERCISE	REPS	SETS	TEMPO	REST
Sumo Deadlifts	12	2-4	Slow & Controlled	Circuit
Alternate Lunge & Twist	12	2-4	Slow & Controlled	Circuit
Weighted Squats	12	2-4	Slow & Controlled	Circuit
Shoulder Press	15	2-4	Slow & Controlled	Circuit
Cable Tricep Pushdowns	15	2-4	Slow & Controlled	Circuit