

PHASE 3

WORKOUT THREE: GYM WORKOUT

EXERCISE	REPS	SETS	TEMPO	REST
Lunge twist	12	2-4	Slow & Controlled	Circuit
Squat and Press	20	2-4	Slow & Controlled	Circuit
Shoulder Press	12	2-4	Slow & Controlled	Circuit
Supermans	12	2-4	Slow & Controlled	Circuit