

Day/Week

		Round 1			Round 2		
REVERSE LUNGE	Reps R _____	Band L M H MOB	Foot Position W M N 1	Reps R _____	Band L M H MOB	Foot Position W M N 1	
STATIONARY LUNGE	Reps R _____	Band L M H MOB	Foot Position W M N 1	Reps R _____	Band L M H MOB	Foot Position W M N 1	
SHRUGS	Reps R _____	Band L M H MOB	Foot Position W M N 1	Reps R _____	Band L M H MOB	Foot Position W M N 1	
DEADLIFTS	Reps R _____	Band L M H MOB	Foot Position W M N 1	Reps R _____	Band L M H MOB	Foot Position W M N 1	
SQUATS	Reps R _____	Band L M H MOB	Foot Position W M N 1	Reps R _____	Band L M H MOB	Foot Position W M N 1	
ROMANIAN DEADLIFTS	Reps R _____	Band L M H MOB	Foot Position W M N 1	Reps R _____	Band L M H MOB	Foot Position W M N 1	

NOTES

Foot Position WMN1 = Wide, Medium, Narrow, 1 Foot - Band LMHMOB = Light, Medium, Heavy, Massive Orange Band