Program: Life is good workout
Warm up 5 min your choice
Cool Down 5 min

Date : 8-9-2020

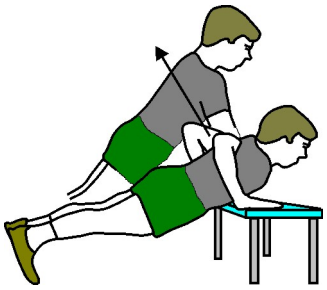
Name : TATURA

Squat & Press

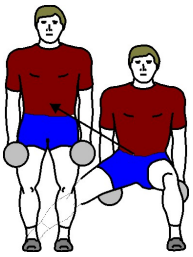
Row

Side plank and dip

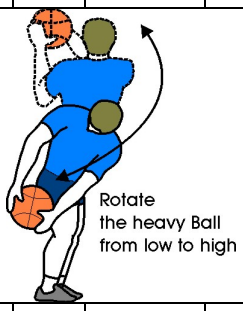
Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result
3	15-20				3	15-20				3	15-20			



Chest push ups

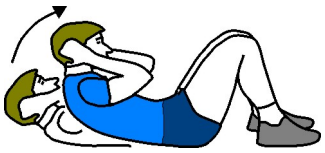


Sumo Lunge

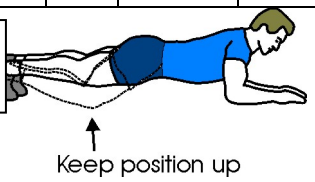


Wood Chop with ball or tin

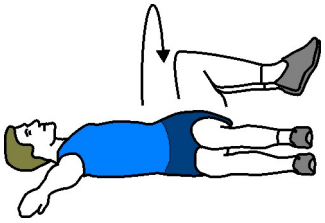
Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result
3	15-20				3	15-20				3	15-20			



Sit ups



plank



Side Abs

Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result	Set	Rep	Tempo	Rest	Result
3	15-20				3	30sec				3	20 eac			