

DAY 01 TRACKING

LOWER BODY

- 4x6 Front Squat
- 3x15 Goblet Squats
- 3x10 Dumbbell Step Ups (each side)
- 3x15 Lying Banded Clam Shells (each side)
- 3x10 3-Point Banded Toe Taps (each side)

PROGRESS TRACKING

WEEK 1	WEEK 2	WEEK 3	WEEK 4