

stronger matters



What you may need.

- Barbell & plates
- Dumbbells
- Step box
- Floor mat
- Olympic plate

#	Exercise	Sets	Reps	Rest (secs)	Load
1	Front Squats	3	8	45	
2	Step Ups	2L/2R	6L/6R	5	
3	Eccentric lunges	2L/2R	6L/6R	5	
4	Supine Clams	3	20	30	
5	Supermans	3	20	30	

