

BEGINNER

Set pause: 2-3 min

NORMAL SET

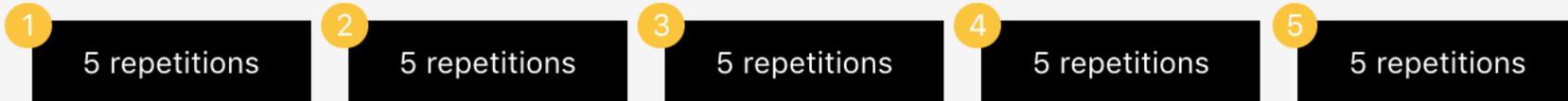
Squat jumps



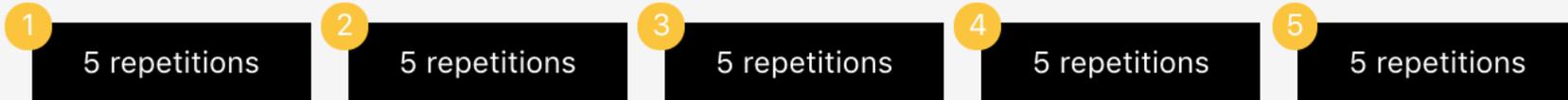
Set pause: 3-4 min

SUPERSET

Shrimp intermediate



glute ham raises beginner



Set pause: 1 min

NORMAL SET

Elevated single leg calf raises

