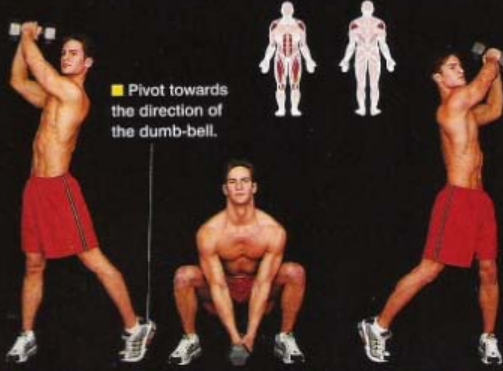


FRIDAY WORKOUT

Do exercises 1 and 2 as superset, doing one set of each before resting for 30 seconds. Repeat twice more for a total of three sets. After you've done three supersets of exercises 1 and 2, move on to exercises 3 and 4, and then to exercises 5 and 6, following the same procedure for each.

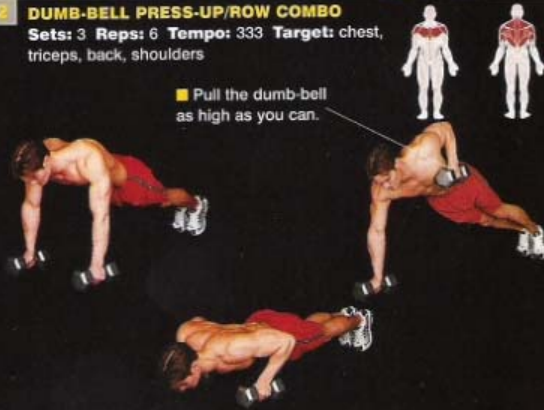
1 DUMB-BELL GOLF SQUAT

Sets: 3 Reps: 8 Tempo: 212 Target: quads, abs, shoulders



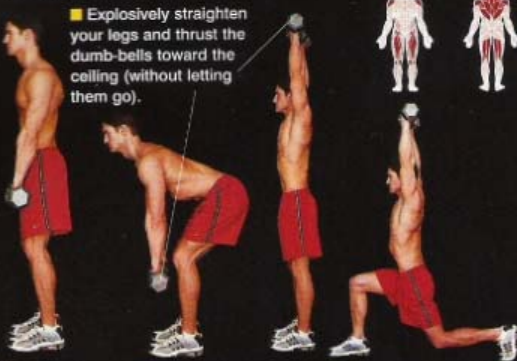
2 DUMB-BELL PRESS-UP/ROW COMBO

Sets: 3 Reps: 6 Tempo: 333 Target: chest, triceps, back, shoulders



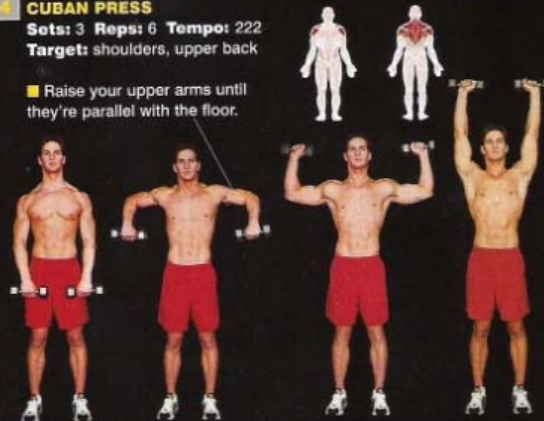
3 DUMB-BELL ROMANIAN DEADLIFT/SNATCH/LUNGE

Sets: 3 Reps: 4 Tempo: 10X Target: hamstrings, quads, shoulders, back



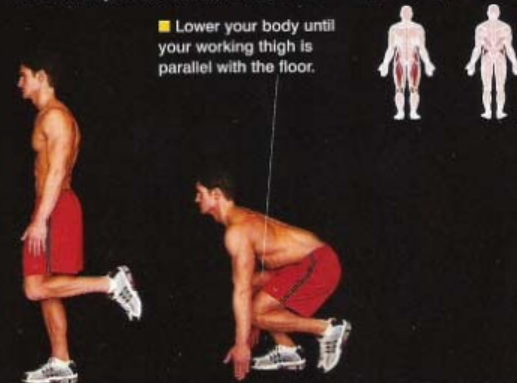
4 CUBAN PRESS

Sets: 3 Reps: 6 Tempo: 222 Target: shoulders, upper back



5 SINGLE-LEG DEADLIFT

Sets: 3 Reps: 6 (each leg) Tempo: 202 Target: hips, quads



6 REVERSE CRUNCH

Sets: 3 Reps: 8-10 Tempo: 333 Target: abs

