

10x10

M

**First up it's
leg day!**



T

**Solid
shoulders
session**



W

**Glutes &
hamstrings
with no squat
pattern!**



T

**Rest / active
rest day**

F

**Back & forth
back & chest**



S

**Rest / active
rest day**

S

**Lower body
in 3
movement
patterns**

