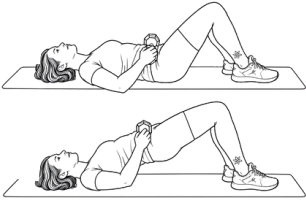
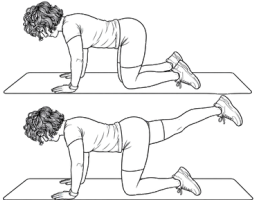
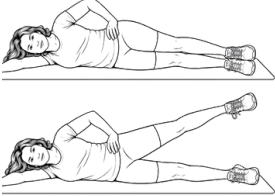
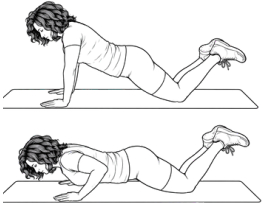
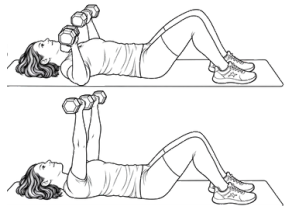


Floor Strength Training Routine

		Day 2 Round#	Day 4 Round#	Day 6 Round#	Day 2 Round#	Day 4 Round#	Day 6 Round#	Day 2 Round#	Day 4 Round#	Day 6 Round#	Day 2 Round#	Day 4 Round#	Day 6 Round#
GLUTE BRIDGE 10 Reps		1	1	1	1	1	1	1	1	1	1	1	1
		2	2	2	2	2	2	2	2	2	2	2	2
		3	3	3	3	3	3	3	3	3	3	3	3
GLUTE KICKBACKS 10 Reps Each Side		1	1	1	1	1	1	1	1	1	1	1	1
		2	2	2	2	2	2	2	2	2	2	2	2
		3	3	3	3	3	3	3	3	3	3	3	3
SIDE-LYING LEG LIFTS 10 Reps Each Side		1	1	1	1	1	1	1	1	1	1	1	1
		2	2	2	2	2	2	2	2	2	2	2	2
		3	3	3	3	3	3	3	3	3	3	3	3
CLAMSHELLS 10 Reps		1	1	1	1	1	1	1	1	1	1	1	1
		2	2	2	2	2	2	2	2	2	2	2	2
		3	3	3	3	3	3	3	3	3	3	3	3
KNEE PUSH-UPS 10 Reps		1	1	1	1	1	1	1	1	1	1	1	1
		2	2	2	2	2	2	2	2	2	2	2	2
		3	3	3	3	3	3	3	3	3	3	3	3
DUMBBELL FLOOR PRESS 10 Reps		1	1	1	1	1	1	1	1	1	1	1	1
		2	2	2	2	2	2	2	2	2	2	2	2
		3	3	3	3	3	3	3	3	3	3	3	3

WARM UP AND COOL DOWN - BEFORE AND AFTER EACH WORKOUT

Floor Strength Training Routine

[illegible]