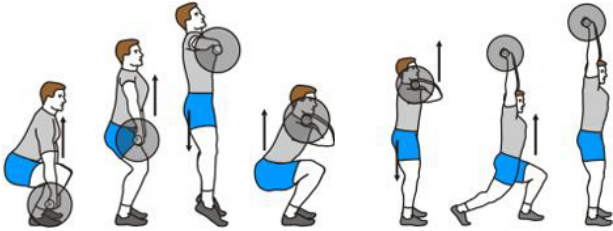
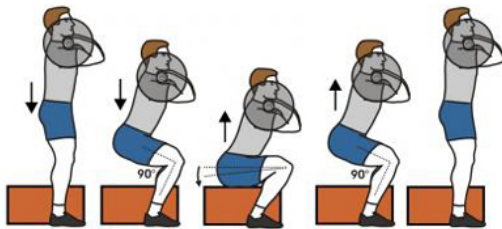


REN2173: Clean & Jerk



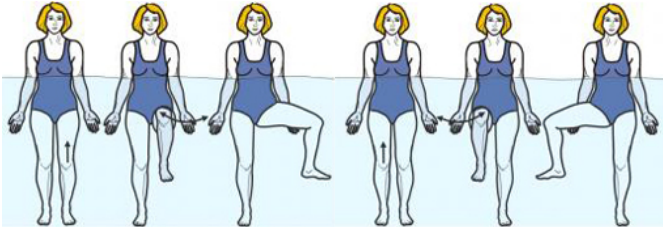
- Keep back straight Chest out Head up Medium grip Be explosive
- Freg./Week: 2 Series: 2 Rep.: 6 Tempo: 1-2-1-2 Rest: 180 Charge: 86.25**
Freg./Week: 2 Series: 2 Rep.: 4 Tempo: 1-2-1-2 Rest: 180 Charge: 92.00

REN2946: Full Front Squat On Box



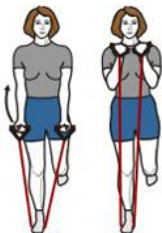
- Keep back straight and abs tight
 - Sit on box and go back up Keep elbows high
- Freg./Week: 2 Series: 3 Rep.: 8 Tempo: 2-1-2-1 Rest: 90 Charge: 97.50**

REN3095: Alternated Open Close Hip



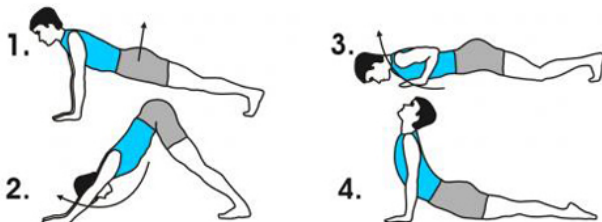
- Keep back straight and abs tight
- Freg./Week: 3 Series: 2 Rep.: 20 Tempo: 2-0-2 Rest: 45**

REN3683: Elastic Biceps Curl



- Keep back straight and abs tight Keep balance
- Freg./Week: 3 Series: 3 Rep.: 10 Tempo: 2-0-2 Rest: 45**

FLE3287: Body Stretching



- Roll your body forward and upward Bring the head upward as you push on your arms
- Freg./Week: 3 Series: 2 Rep.: 6 Tempo: 2-2-2-2 Rest: 30**