

10 WEEKS TO FITNESS-DAY 34: ACTIVE REST

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|---------------------------------|---------------------------|
| 1) Running | 45 min |
| 2) Side Lateral Lunges: | 5 sets of 15 Reps per leg |
| 3) Band Side Steps: | 5 sets of 15 Reps per leg |
| 4) Plate Squats: | 5 sets of 15 Reps |
| 5) Split Squats w/ Press Plate: | 5 sets of 15 Reps per leg |