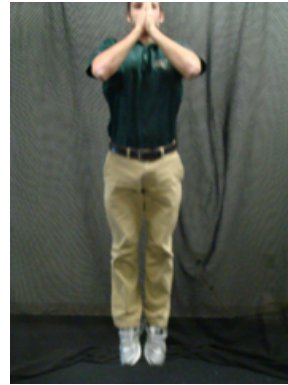
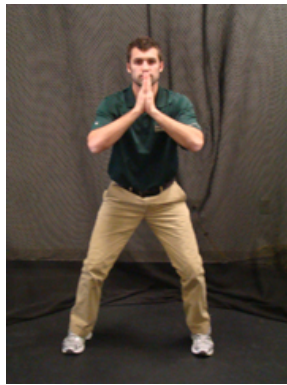
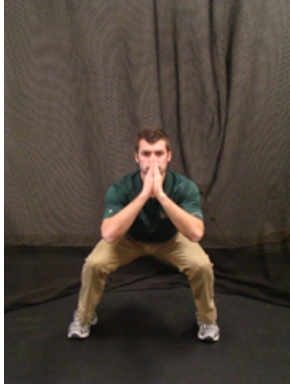




Lower Body Strength Matrix

20 Jump Squats



20 Speed Squats



10 Lunges



10 Deep Squats

