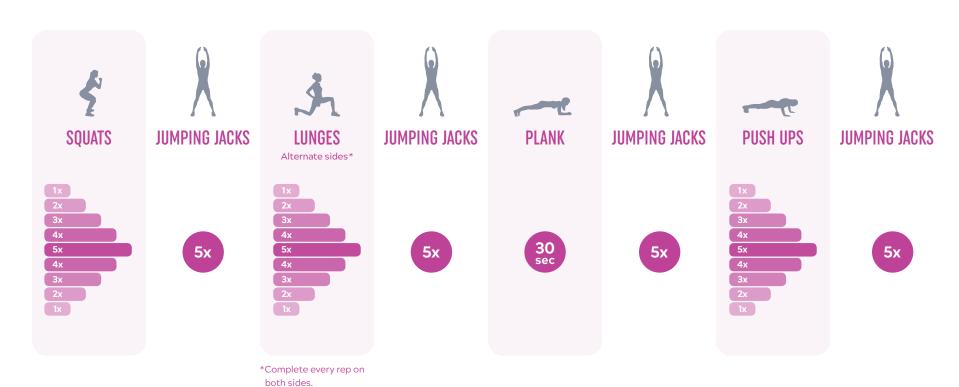


BONUS WORKOUT



MIDPOINT MUSCLE-UP

Start with Squats. Do all reps, then move to next exercise on the right.





BONUS WORKOUT



WEEK 4 TORCH + TONE

Start with Squats. Do all reps, then move to next exercise on the right.



^{*}Complete every rep or both sides.