NAME:			
Date Joined/Upgraded:			
Comments: Back Care			

garrytoms

PROGRAMME	SETS	REPS	WEIGHT																	
Warm Up		Bike	5 Mins																	
Step Ups	3																			
Static Squat	3																			
Hip Raises	3	12																		
Single Leg Hip Raise	3	12																		
Crunchies	3	12																		