

**Split Session
Kelly Coffey Meyer
Workout 2**

Date: _____

Notes: _____

Exercise	1st Set	2nd Set
Banded Side Steps		
Leg Press		
Lunge Rocks (1st set) Squat with Inversion (2nd set)		
Squat with Inversion (1st set) Lunge Rocks (2nd set)		
Deadlift		
Multi Position Moves		