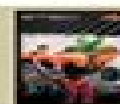


# PREMIXES

## STS 2.0



### GIANT SETS TOTAL BODY

|           |                                           |       |
|-----------|-------------------------------------------|-------|
| Express   | Express #1: No Group 3                    | 40:09 |
|           | Express #2: Bilateral Only                | 31:55 |
|           | Express #3: Group 1 Only                  | 21:21 |
|           | Express #4: Unilateral Only               | 26:55 |
| Mish Mosh | Mish Mosh #1: Groups 1, 3, 6, 2           | 50:44 |
|           | Mish Mosh #2: Groups 2, 3, 6, 3           | 48:04 |
|           | Mish Mosh #3: Groups 1, 2, 6, 2           | 58:57 |
| Extreme   | Extreme #1: Bilateral + Double Unilateral | 69:32 |
|           | Extreme #2: Bilateral 4 Rounds            | 53:05 |

### SUPER SETS TOTAL BODY

|           |                                                |       |
|-----------|------------------------------------------------|-------|
| Express   | Express #1: Upper Body Only + Calves           | 46:39 |
|           | Express #2: Lower Body Only                    | 18:59 |
|           | Express #3: Total Body Single Superset         | 34:54 |
|           | Express #4: Total Body Double Superset         | 46:33 |
|           | Express #5: Total Body without Rest            | 44:46 |
| Mish Mosh | Mish Mosh #1: Groups 1, 4, 2, 6, 3, 7, 5, 6, 8 | 58:23 |
|           | Mish Mosh #2: Groups 1, 5, 3, 7, 2, 6, 4, 6, 8 | 58:23 |
| Extreme   | Extreme: Total Body Triple Legs                | 78:43 |

### TRI SETS TOTAL BODY

|           |                                             |       |
|-----------|---------------------------------------------|-------|
| Express   | Express #1: Upper Body Only                 | 43:39 |
|           | Express #2: Lower Body Only                 | 22:53 |
|           | Express #3: Single Tri Set: Total Body      | 40:14 |
|           | Express #4: Single Tri Set: Upper Body Only | 29:17 |
|           | Express #5: Split #1 - Groups 1, 2, 6, 3    | 29:27 |
|           | Express #6: Split #2 - Groups 7, 4, 5, 6, 6 | 36:42 |
| Mish Mosh | Mish Mosh #1: Total Body Legs First         | 60:10 |
|           | Mish Mosh #2: Groups 1, 3, 6, 7, 2, 4, 6, 5 | 60:10 |
| Extreme   | Extreme: Total Body Triple Legs             | 89:12 |

### UPPER BODY 1

|           |                              |       |
|-----------|------------------------------|-------|
| Express   | Express #1: One Set Only     | 45:22 |
|           | Express #2: Two Sets Maximum | 51:37 |
| Mish Mosh | Mish Mosh #1: Full Workout   | 63:09 |
|           | Mish Mosh #2: No Bands       | 53:24 |
| Extreme   | Extreme: Extra Sets          | 64:22 |

### UPPER BODY 2

|           |                              |       |
|-----------|------------------------------|-------|
| Express   | Express #1: One Set Only     | 41:29 |
|           | Express #2: Two Sets Maximum | 55:37 |
| Mish Mosh | Mish Mosh #1: Full Workout   | 59:06 |
|           | Mish Mosh #2: No Bands       | 51:36 |
| Extreme   | Extreme: Extra Sets          | 67:52 |

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