



## Sample Exercise Program Output - Grid Template

This coversheet is optional in exercise programs and can be customized with a header and logo.

There are multiple exercise program PDF templates included in SimpleSet. The following sample exercises were generated using the "Grid" template.



### Bird Dog with Stick

Sets: **2**  
Reps: **20 alternating**



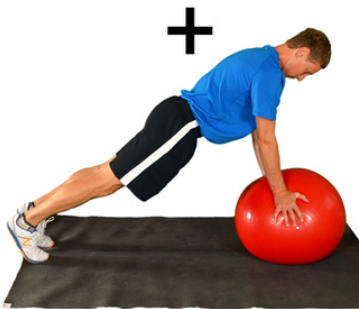
### Deep W-Squat

Sets: **3**  
Reps: **6**  
Load: **3 lbs**  
Rest: **60 sec**



### Push Up Plus (Ball)

Sets: **4**  
Reps: **6**



### Split Squat + Single Arm Press (Band)

Sets: **4**  
Reps: **6**



### Split Squat + Single Arm Row (Band)

Sets: **4**  
Reps: **6**  
Load: **35 lbs**



### Shoulder Row Sequence - I, T, Y, W

Sets: **3**  
Reps: **10**



### Post Workout Stretch

#### Pec Stretch (Ball)

Duration: **2 min / side**



#### Corner Stretch

Duration: **2 min**

