



NOV 25

| N° | STEPS | REPEAT | BPM | INFO |
|----|------------------------------------|--------|--------|---------------------------------|
| 1. | 4 CHEST PRESS + 4 FLY | X2 | 125 | TRACK 3: CHEST ALL X3 |
| | 4 CHEST PRESS + 4 FLY | X2 | 140 | |
| | 4 CHEST PRESS + 4 FLY | X2 | 155 | |
| | | | | |
| | PAUSE | X16C | 60-150 | |
| | | | | |
| 2. | PUSH UPS 3 REPEATERS + SINGLE SLOW | X4 | 150/70 | |



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| N° | STEPS | REPEAT | BPM | INFO |
|----|-------------|--------|--------|--------------------------------|
| 1. | CLOSED 1/1 | X4 | 110 | TRACK 4: BACK ALL X3 |
| 2. | 2 REPEATERS | X4 | 125 | |
| | 2 REPEATERS | X4 | 145 | |
| | | | | |
| | PAUSE | X16C | 80-140 | |
| | | | | |
| 3. | OPEN 1/1 | X4 | 140 | |
| | OPEN 1/1 | X4 | 180 | |