



OCT 25

N°	STEPS	REPEAT	BPM	INFO
1.	SINGLE GRENCH + SINGLE DIPS	X4	120	<b>TRACK 5: TRICEPS</b>  ALL X3
	SINGLE GRENCH + SINGLE DIPS	X4	150	
	PAUSE	X16C	80-125	
2.	FRENCH PRESS 4 C DOWN 2 REPS UP	X4	125	
	FRENCH PRESS 4 C DOWN 2 REPS UP	X4	100	



OCT 25

N°	STEPS	REPEAT	BPM	INFO
1.	3/1	X8	130-90	<b>TRACK 6: BICEPS</b>  ALL X3
	PAUSE	X16C	90-110	
2.	7 REPEATERS	X1	110	
	7 REPEATERS	X1	125	
	7 REPEATERS	X1	140	
	7 REPEATERS	X1	155	