



JAN 26

N°	STEPS	REPEAT	BPM	INFO
1.	15 REPEATERS	X1	110	<b>TRACK 3: CHEST</b> ALL X3
2.	1/1	X16	125-200	
	PAUSE	X16C	80-125	
3.	PUSH UPS 3/1	X8	125-80	



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N°	STEPS	REPEAT	BPM	INFO
1.	DEAD LIFT	X8	95	<b>TRACK 4: BACK</b> ALL X3
2.	3 REPS	X1	130	
	SINGLE	X1	145	
	SINGLE	X1	160	
	SINGLE	X1	175	
	PAUSE	X16C	80-125	
3.	SINGLE REVERSE	X8	125-180	