



JAN 26

N°	STEPS	REPEAT	BPM	INFO
1.	DIAMOND FRENCH PRESS X3 + ROW	X1	130	TRACK 5: TRICEPS ALL X3
	DIAMOND FRENCH PRESS X3 + ROW	X1	140	
	DIAMOND FRENCH PRESS X3 + ROW	X1	150	
	DIAMOND FRENCH PRESS X3 + ROW	X1	160	
	PAUSE	X16C	80-125	
2.	FRENCH PRESS	X16	125-185	



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N°	STEPS	REPEAT	BPM	INFO
1.	7 REPEATERS	X1	130	TRACK 6: BICEPS ALL X3
	7 REPEATERS	X1	140	
	7 REPEATERS	X1	150	
	7 REPEATERS	X1	160	
	PAUSE	X16C	80-130	
2.	2/2	X8	130-85	