



FEB 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	



FEB 26

N°	STEPS	REPEAT	BPM	INFO
1.	2/2	X4	130	TRACK 6: BICEPS ALL X3
	2/2	X4	95	
	PAUSE	X16C	80-130	
2.	SINGLE	X4	130	
	SINGLE	X4	145	
	SINGLE	X4	160	
	SINGLE	X4	175	