



MARCH 26

N°	STEPS	REPEAT	BPM	INFO
1.	FRENCH PRESS 1/3	X8	125-90	<b>TRACK 5: TRICEPS</b>  ALL X3
	PAUSE	X16C	80-125	
2.	DIPS	X64C	125-180	



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