



APRIL 26

N°	STEPS	REPEAT	BPM	INFO
1.	SINGLE OPEN	X8	95	TRACK 3: CHEST ALL X3
2.	3 REPEATERS OPEN	X8	105-160	
	PAUSE	X16C	80-125	
3.	PUSH UPS 2/2	X8	125-80	



APRIL 26

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