



APRIL 26

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



APRIL 26

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	