



MAY 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 1: WARM UP ALL X2
1.	CLOSED SQUAT S S D	X1	125	
	CLOSED SQUAT S S D	X1	135	
	CLOSED SQUAT S S D	X1	145	
	CLOSED SQUAT S S D	X1	155	
2.	KNEE UP [X4] + 2 DOUBLE	X1	125	
	KNEE UP [X4] + 2 DOUBLE	X1	135	
	KNEE UP [X4] + 2 DOUBLE	X1	145	
	KNEE UP [X4] + 2 DOUBLE	X1	155	
	PAUSE TAKE BURBELL	X16C	125	
3.	OPEN SQUAT + SHOULDER PRESS	X4	125	
	OPEN SQUAT + SHOULDER PRESS	X4	150	
4.	SINGLE ROW + SINGLE BICEPS REVERSE	X1	125	
	SINGLE ROW + SINGLE BICEPS REVERSE	X1	135	
	SINGLE ROW + SINGLE BICEPS REVERSE	X1	145	
	SINGLE ROW + SINGLE BICEPS REVERSE	X1	155	



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N°	STEPS	REPEAT	BPM	INFO
				TRACK 2: LEGS ALL X3
1.	SINGLE SQUAT	X8	145	
	SINGLE SQUAT	X8	100	
	SINGLE SQUAT	X8	145	
	PAUSE	X16C	80-125	
2.	7 CLOSED REPEATERS	X1	125	
	7 CLOSED REPEATERS	X1	140	
	7 CLOSED REPEATERS	X1	155	
	7 CLOSED REPEATERS	X1	170	