



MAY 26

N°	STEPS	REPEAT	BPM	INFO
1.	4/4	X2	105	<b>TRACK 3: CHEST</b> ALL X3
2.	SINGLE - SINGLE - 3 REPEATERS	X1	135	
	SINGLE - SINGLE - 3 REPEATERS	X1	150	
	SINGLE - SINGLE - 3 REPEATERS	X1	165	
	SINGLE - SINGLE - 3 REPEATERS	X1	180	
	PAUSE	X16C	80-120	
3.	PUSH UPS [X3] + 2 SMALL	X1	120	
	PUSH UPS [X3] + 2 SMALL	X1	135	
	PUSH UPS [X3] + 2 SMALL	X1	150	
	PUSH UPS [X3] + 2 SMALL	X1	165	



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N°	STEPS	REPEAT	BPM	INFO
1.	DEAD LIFT	X8	100	<b>TRACK 4: BACK</b> ALL X3
2.	SINGLE ROW	X4	140	
	SINGLE ROW	X4	175	
	PAUSE	X16C	80-125	
3.	REVERSE 2 REPEATERS	X4	125	
	REVERSE 2 REPEATERS	X4	155	