



MAY 26

N°	STEPS	REPEAT	BPM	INFO
1.	TRICEPS PUSH UPS 1-1-3	X8	125-90	<b>TRACK 5: TRICEPS</b>  ALL X3
	TRICEPS PUSH UPS 1-1-3	X8	125-90	
	TRICEPS PUSH UPS 1-1-3	X8	125-90	
	TRICEPS PUSH UPS 1-1-3	X8	125-90	
	PAUSE	X16C	90-150	
2.	FRENCH PRESS	X8	150	
	FRENCH PRESS	X8	180	



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N°	STEPS	REPEAT	BPM	INFO
1.	2 REPEATERS + DOUBLE DOWN	X8	110-170	<b>TRACK 6: BICEPS</b> ALL X3
	PAUSE	X16C	80-140	
2.	1/1	X8	140	
	1/1	X8	170	