



JUNE 26

N°	STEPS	REPEAT	BPM	INFO
1.	TRICEPS PUSH UPS 1-1-3	X8	125-90	TRACK 5: TRICEPS 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.	3 REPEATERS	X4	130	TRACK 6: BICEPS ALL X3
	3 REPEATERS	X4	160	
	PAUSE	X16C	80-140	
2.	4/4	X8	140-70	