



AUG 26

N°	STEPS	REPEAT	BPM	INFO
1.	1/1	X8	125	TRACK 3: CHEST ALL X3
2.	3 REPEATERS	X8	125-190	
	PAUSE	X16C	80-135	
3.	PUSH UPS 3/1	X8	135-80	



AUG 26

N°	STEPS	REPEAT	BPM	INFO
1.	DEAD LIFT	X8	100	TRACK 4: BACK 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	