



DEC 25

N°	STEPS	REPEAT	BPM	INFO
				<b>TRACK 1: WARM UP</b> ALL X2
1.	3 JOGGING KNEE	X64C	125-190	
2.	3 OPEN REPEATERS SIDE + 3 OPEN REPEATERS CLOSED	X1	125	
	3 OPEN REPEATERS SIDE + 3 OPEN REPEATERS CLOSED	X1	150	
	PAUSE TAKE BURBELL	X16C	125	
3.	2 DEAD LIFT + SINGLE ROW	X1	125	
	2 DEAD LIFT + SINGLE ROW	X1	140	
	2 DEAD LIFT + SINGLE ROW	X1	155	
	2 DEAD LIFT + SINGLE ROW	X1	170	
4.	3 REPEATERS RISE UP + 3 REVERSE BICEPS	X1	125	
	3 REPEATERS RISE UP + 3 REVERSE BICEPS	X1	140	
	3 REPEATERS RISE UP + 3 REVERSE BICEPS	X1	155	
	3 REPEATERS RISE UP + 3 REVERSE BICEPS	X1	170	



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N°	STEPS	REPEAT	BPM	INFO
				<b>TRACK 2: LEGS</b> ALL X3
1.	OPEN SQUAT 3 REPS	X4	125	
	OPEN SQUAT 3 REPS	X4	150	
2.	15 REPEATERS	X1	135	
	PAUSE	X16C	80-120	
3.	3 CLOSED SQUAT REPEATERS	X64C	120-190	