



DEC 25

N°	STEPS	REPEAT	BPM	INFO
1.	4 CHEST PRESS + 4 FLY	X2	125	TRACK 3: CHEST ALL X3
	4 CHEST PRESS + 4 FLY	X2	140	
	4 CHEST PRESS + 4 FLY	X2	155	
	PAUSE	X16C	60-150	
2.	PUSH UPS 3 REPEATERS + SINGLE SLOW	X4	150/70	



DEC 25

N°	STEPS	REPEAT	BPM	INFO
1.	OPEN ROW 1/1	X4	110	TRACK 4: BACK ALL X3
2.	15 REPEATERS	X1	135	
	PAUSE	X16C	80-125	
3.	REVERSE 2 REPEATERS	X4	125	
	REVERSE 2 REPEATERS	X4	145	