UPPER	ULTIMATE		DATE							
BODY	SUPER SE	T								
EXERCISES	NOTES	Rx	WT - REPS							
		8-12								
		8-12								
		MAX REPS								
		MAX REPS								
		MAX REPS								
		MAX REPS								
		KEFS			3:00 REST					
		6-10								
		6-10								
		MAX REPS								
		MAX REPS								
		MAX REPS								
		MAX REPS								
					3:00 REST					
		8-12								
		8-12								
		MAX REPS								
		MAX REPS								

UPPER BODY	UPPER BODY 3 STRIKES & OUT		OUT	DATE							
EXERCIS	SES	NOTES	Rx	WT - REPS							
EZIERCIO	JLO	IVOILS	10-14	WI KLIS	WI KEIS						
			2nd								
			3rd								
			10-14								
			2nd								
			3rd								
			8-12								
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			3rd								
			8-12								
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			2nd								
			3rd								
			8-12								
			2nd								
			3rd								
			8-12								
			2nd								
			3rd								

UPPER	PUSH - PULL			D	ATE	D	ATE	DA	TE	D A	ATE	D.	ATE	D.	ATE	D A	ATE	D A	ATE
BODY																			
EXERCIS	SES 1	NOTES	Rx	WT ·	REPS	WT	- REPS	WT -	REPS	WT -	REPS	WT	- REPS	WT	- REPS	WT ·	REPS	WT -	REPS
			12-16																
			12-16																
			10-14																
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UPPER BODY	14 - 8 CIRC	U IT	DATE								
EXERCISES	SES NOTES Rx		WT - REPS								
EXERCISES	NOTES		WI KEIS	WI KLIS							
		12-16									
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UPPER	BIG 4 @ 3ROUNDS			D A	ATE	D	ATE	D A	ATE	DA	ATE	D	ATE	D.	ATE	D A	TE	D A	TE
BODY																			
EXERC	ISES	NOTES	Rx	WT -	REPS	WT ·	- REPS	WT -	REPS	WT -	REPS	WT ·	- REPS	WT	- REPS	WT -	REPS	WT -	REPS
			10-14																
			10-14																
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