TOTAL BODY	30:00 PUSH UP / LOW ROW MULTI-JOINT LEG / ABS		DATE	DATE	DATE	DATE	DATE	DATE	DATE	DATE
EXERCISES	*NOTES*	*Rx*	REPS	REPS	REPS	REPS	REPS	REPS	REPS	REPS
PUSH UPS		MAX REPS								
BODY WT. LOW ROW		MAX REPS								
		MAX REPS								
		MAX REPS								
PUSH UPS		MAX REPS								
BODY WT. LOW ROW		MAX REPS								
		MAX REPS								
		MAX REPS								
PUSH UPS		MAX REPS								
BODY WT. LOW ROW		MAX REPS								
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		MAX REPS								
PUSH UPS		MAX REPS								
BODY WT. LOW ROW		MAX REPS								
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PUSH UPS		MAX REPS								
BODY WT. LOW ROW		MAX REPS								
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PUSH UPS		MAX REPS								
BODY WT. LOW ROW		MAX REPS								
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PUSH UPS		MAX REPS								
BODY WT. LOW ROW		MAX REPS								
		MAX REPS								
		MAX REPS								
PUSH UPS		MAX REPS								
BODY WT. LOW ROW		MAX REPS								
		MAX REPS								
		MAX REPS								