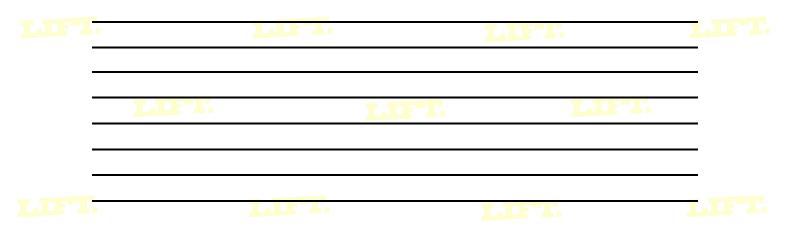


* AMRAP = As many rounds as possibleExerciseSetsRepsGoblet Squat0512Romanian Deadlift0410

	Superset 1		
01	Underhand Lat Pulldowns	03	12
02	Dumbbell Single Arm Up-Right Row	03	12
Superset 2			
01	Arnold Dumbbell Press	03	10-12
02	Single Arm Dumbbell Rows	03	10-12
	Superset 3		
01	Barbell Front Delt Raises	03	15
02	Tricep Dips	03	15

TRAINING, NUTRITION & SUPPLEMENT NOTES:



LIFT.

N⁰

01

02



