

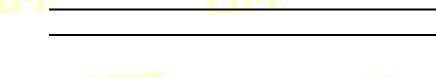
* Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.



= Cardio (between each set)

N⁰	Exercise	Sets	Reps	
01	Barbell Bench Press	04	9-11	
	Bench Step Ups	01	1min	
02	Incline Dumbbell Press	03	9-11	
	Running In Place	01	1min	
03	Decline Smith Press	03	9-11	
	Kettlebell Swings	01	1min	
04	<u>Dips</u>	04	9-11	
	Bench Step Ups	01	1min	
05	Close Grip Barbell Bench Press	04	9-11	
	Running In Place	01	1min	
06	Cable Crunches	03	9-11	
	Kettlebell Swings	01	1min	LIE-1.

TRAINING, NUTRITION & SUPPLEMENT NOTES:





AMAP = As many as possible

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DATE: _____TATO 24 F