

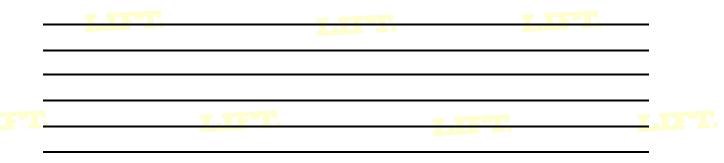
* Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.



= Cardio (between each set)

| N⁰ | Exercise | Sets | Reps | |
|----|----------------------------|------|----------|---------|
| 01 | Side Lateral Raises | 03 | 16-20 | |
| | Bench Step Ups | 01 | 1min | |
| 02 | Standing Overhead Press | 03 | 16-20 | |
| | Running In Place | 01 | 1min | L 17-17 |
| 03 | Bent Over Rear Delt Raises | 03 | 16-20 | |
| | Kettlebell Swings | 01 | 1min | |
| 04 | Leg Extensions | 04 | 16-20 | |
| | Bench Step Ups | 01 | 1min | |
| 05 | Hamstring Curls | 04 | 16-20 | |
| | Running In Place | 01 | 1min | |
| 06 | Seated Calf Raises | 03 | 16-20 | |
| | Kettlebell Swings | 01 | 1min | 640244 |
| | | | * | |

TRAINING, NUTRITION & SUPPLEMENT NOTES:







AMAP = As many as possible

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DATE: _____TATO 24 F