

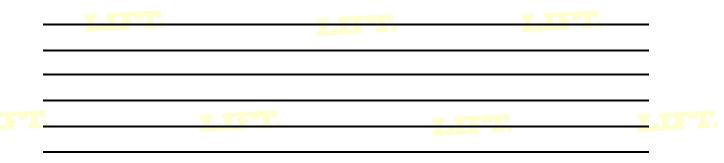
* Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.



= 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
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TRAINING, NUTRITION & SUPPLEMENT NOTES:







AMAP = As many as possible

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DATE: _____TATO 24 F