

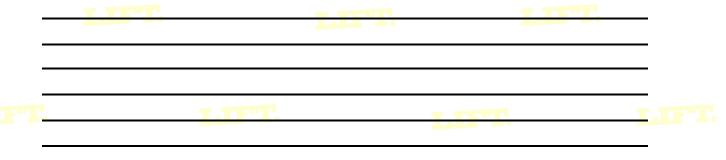
* Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.



= Cardio (between each set)

	N⁰	Exercise	Sets	Reps	
	01	Barbell Bench Press	04	2-5	
		Bench Step Ups	01	1min	
	02	Incline Dumbbell Press	03	2-5	
117-1		Running In Place	01	1min	1.117-11.
	03	Decline Smith Press	03	2-5	
		Kettlebell Swings	01	1min	
	04	<u>Dips</u>	04	2-5	
		Bench Step Ups	01	1min	
	05	Close Grip Barbell Bench Press	04	2-5	
		Running In Place	01	1min	
	06	Cable Crunches	03	2-5	
LIFT		Kettlebell Swings	01	1min	610246

TRAINING, NUTRITION & SUPPLEMENT NOTES:







AMAP = As many as possible

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DATE: _____TATO 24 F