

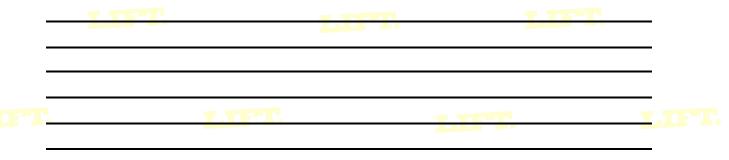
* Remember, you'll be performing cardio acceleration between each working set of the current exercise and then have a short rest period of around a minute between exercises. When you choose to rest it should be, absolutely, no longer than 1 minute.



= Cardio (between each set)

	N⁰	Exercise	Sets	Reps	
	01	Side Lateral Raises	03	21-30	
		Bench Step Ups	01	1min	
	02	Standing Overhead Press	03	21-30	
		Running In Place	01	1min	LIF
	03	Bent Over Rear Delt Raises	03	21-30	
		Kettlebell Swings	01	1min	
	04	Leg Extensions	04	21-30	
		Bench Step Ups	01	1min	
	05	Hamstring Curls	04	21-30	
		Running In Place	01	1min	
	06	Seated Calf Raises	03	21-30	
		Kettlebell Swings	01	1min	LIF
			4 <mark></mark>		

TRAINING, NUTRITION & SUPPLEMENT NOTES:







AMAP = As many as possible

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DATE: _____TATO 24 F