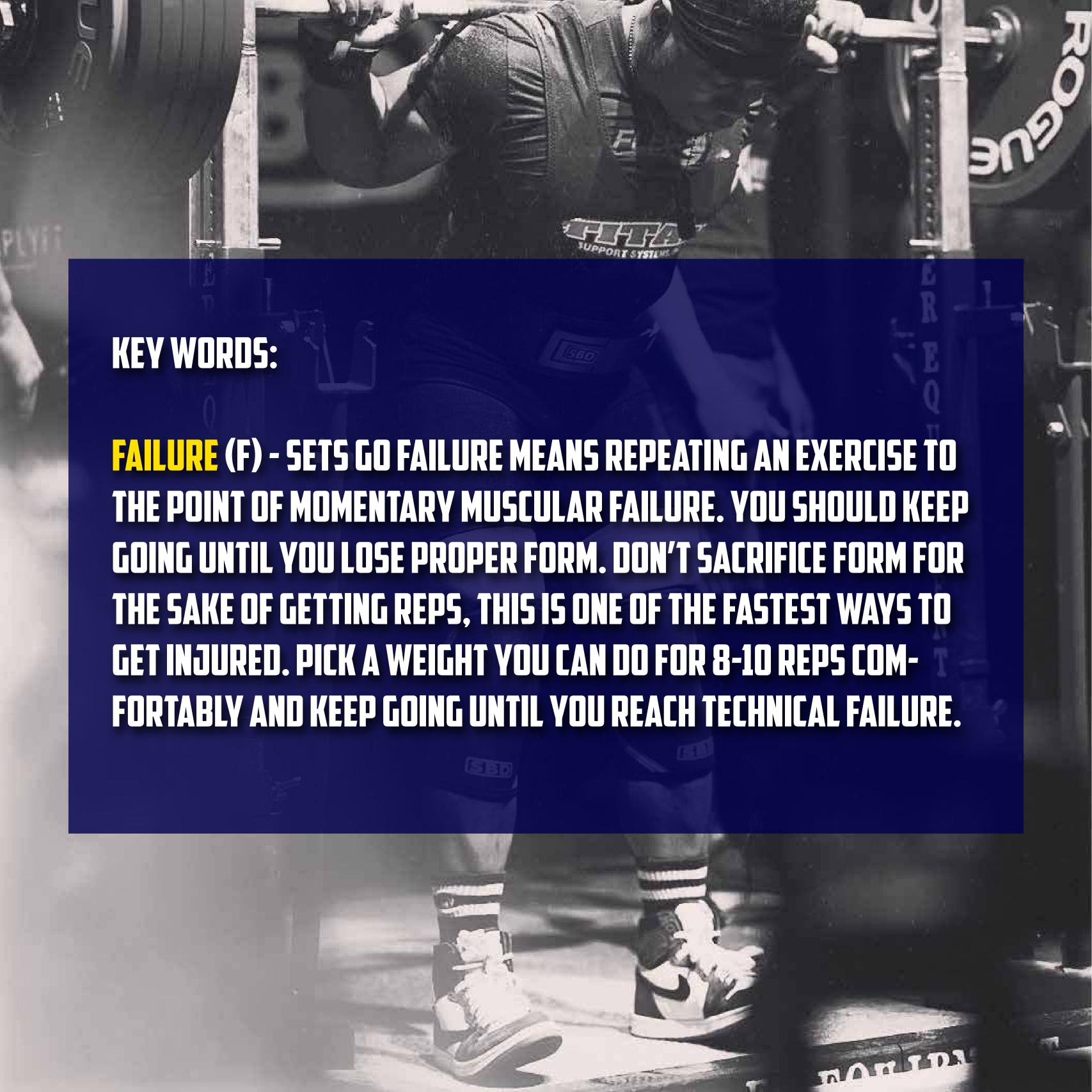


KEY WORDS:

THERE WILL BE VERBIAGE IN THE PROGRAM THAT MAY BE UNFA-MILIAR TO SOME SO BELOW THERE WILL BE AN EXPLANATION OF WORDS YOU ARE UNFAMILIAR WITH.

ES WITH NO REST IN BETWEEN. IN THE PROGRAM "SUPERSET" WILL BE WRITTEN SIGNALING THAT THE NEXT TWO EXERCISES SHOULD BE DONE IMMEDIATELY AFTER ONE ANOTHER.

TRISET (TS) - ALTERNATING SETS OF THREE DIFFERENT EXERCISES WITH NO REST IN BETWEEN. IN THE PROGRAM "TRISET" OR "TS" WILL BE WRITTEN SIGNALING THAT NEXT 3 EXERCISES SHOULD BE DONE IMMEDIATELY AFTER ANOTHER.



KEY WORDS:

PYRAMID SETS (PS) - PYRAMID TRAINING IS A COLLECTION OF SETS, OF THE SAME EXERCISE, THAT START WITH A LIGHT WEIGHT AND HIGHER REPS, BUILDING UP TO A HEAVIER WEIGHT AND FEWER REPS. A FULL PYRAMID TRAINING SET IS AN EXTENSION OF THIS, REDUCING THE WEIGHT AFTER YOU HAVE REACHED THE PEAK, UNTIL YOU COMPLETE THE PYRAMID. THERE WILL BE A TOTAL OF 4 SETS. 3 SETS WILL BUILD UP TO THE TOP OF THE PYRAMID 10, 6, 4, AND THEN A SET OF 10-15 REPS WITH THE SAME WEIGHT YOU DID TO START THE PYRAMID.

PRE EXHAUSTION (PE) - THIS IS A METHOD THAT ISOLATES A MUSCLE FOR ONE SET BEFORE IT IS WORKED WITH A HEAVIER COMPOUND MOVEMENT. IT IS ANOTHER WAY TO HELP "FEEL" THE MUSCLE GETTING WORKED.



RUSSWOLE POWEREULDING PROGRAM VOL.3

										,											
	WEEK		WE	EK 2		WE	EK 3		WEEK 4	2	WE	EK 5		WE	EK 6		WE	EK 7	7	WEE	EK 8
	PAUSE SQUAT 1X2 75% OF YOUR	PM .	PAUSE SOLIAT 1X	2 77.5% OF YOUR 1RM		SQUAT 1X1	85% OF YOUR 1 RM	//	SQUAT 1X1 87,5% OF YOUR 1RM		SQUAT 4X5	80% OF YOUR 18M		SQUAT 4X3	85% OF 18M		SQUAT 4X2	90-82 5% OF 1RM		SQUAT 1X1	MAX OUT
DAY 1									18//					//			//				
	SQUAT 3X6 72,6% OF YOU	1RM	SQUAT 3X6	75% OF YOUR 1RM	1	SQUAT 3X8	75% OF YOUR 1RM		SQUAT 3X8 75-77.5% OF YOUR 1RM	1	N/A	plik			N/A		N/A ///	N/A		N/A	NIA
	DB RDL 4X12 LEG PRESS 4X10	_	LEG PRESS		1	DB RDL			LEG PRESS 3XFAILURE	1	ROMAINIAN DEADEIR	3X10		HAMSTRING CURL			ROMAINIAN DEADLIFT			HAMSTRING CURL DB RDL	1XFAILURE 4X10
	LEG PRESS 4X10 LEG EXTENSIONS 3X15	_	LEG EXTENSIONS HAMSTRING CURLS			LEG PRESS			LEG EXTENSIONS 4X12	-	HAMSTRING CURKS	3X12 4X10		GOBLET SQUATS	4X10		HAMSTRING CURLS	3X12 4X10		GOBLET SQUATS	
	HAMSTRING CURLS 3X15	_	DB/ROMANIAN DL		1	HAMPITRING CURLS			PB ROMANIAN DL 3X12	1	LEG/EXTENSIONS			WEIGHTED STEP UPS			LEG EXTENSIONS		/	WEIGHTED STEP UPS	
	GOBLET SQUATS 4X8		HACK SQUATS		0	GOBLET SQUATS			HACK SQUATS 4X8-10	1	WEIGHTED LUNGES			CALF RAISES		/	WENGHTED LUNGES		//	CALF RAISES	
	CALF RAISES 3X20		CALF RAISES	3X20	1 1	CALF RAISES	3X20	7	CALF RAISES 3X20		CALF RAISES			70			CALF RAISES				
		/			/ /			/		4,	,					[2]	7		7		
DAY 2		4										1/1									
	BENCH 1X1 87.5% OF YOU BENCH 3X6 72.5% OF YOU		BENCH 1X1 BENCH 3X6	87.5% 62.5% OF 1RM	1	BENCH 1X1	85% OF YOUR 1RM	1	BENCH 1X1 85% OF YOUR 1RI	d .	BENCH 1X1	87,5% OF 1RM	ís-	BENCH 1X1 BENCH 4X3	90% OF 1RM 85% OF 1RM		BENCH 4X2	85,92,5% OF 1RM		BENCH 1X1	MAX OUT
(PYRAMID S		(SUPERSE			(PYRAMID SETS)	INCLINE DB/BENCI			BENCH 3X8 75-77.5% OF 1RM DB FLOOR PRESS 4X10	(PYRAMID SETS)	BENCH 4X5		(DVDAMID CETC)	ARNOLD PRESS		(DVDAMID CETC)	CLOSE GRAP BENCH 3XX BB INCLINE BENCH		(DVDAMID CETC	CACSE, GRIP BENCH SXIS	
(FAILURE)		(SUPERSE	DB FLOOR PRESS		(FAILURE)			(SUPERSE)	DB FLOOR PRESS 4X10 DB LAYEN PAISES 4X12		STANDING OHP		(TRISET)	DB FRONTAL RAISES			STANDING OHP		(TRISET)	OB FRONTAL RAISES	
(PYRAMID S		(PYRAMID SE		4 SETS	(PYRAMID SET)			(PYRAMID SET)		(OUT ENDE	OBLATERAL RAISES		(11021)	DB LATERAL RAISES		(OUI ENOET)	DB LATERAL RAISES		(111021)	DB LATERAL RAISES	
	DB LATERAL RAISES 3X12	, ,	ARNOLD PRESS			B LATERAL RAISES			ARNOLD PRESS 3X8	. //	WEIGHTED PUSHUP			FACEPULLS			WEATHTED PUSHUPS		/		4X10
(FAILURE)			FACE PULLS	4X12	(FAILURE	BENT OVER REAR DELT FLY	3 SETS	4	FACE PULLS 4X12	1 //	45LB PLATE RAISES	3X15	(FAILURE)	CANCE UPRIGHT ROW	2 SETS	_ /	45LB PLATE RAISES	3X15	(FAILURE	CABLE UPRIGHT ROW	2 SETS
	1						1	B		4.			= V'	/	1/	- 1					
DAY 3		<i>)</i> [1////		1///	7		.///			11/				1		
DAY 3	DEADLIFT 1X1 87.5% OF YOU	<u></u>	DEADLIET 1V1	87.5% OF 1RM		DEADLIFT 1X1,	ONE OF IDM		DEADLIFT 1X1 87.5/90% OF 1RM		DEADLIET 1V1	87.5% OF 1RM		DEADLIFT 1X1	00% OF 1DM		DEADLIFT 4X2	00% 06 1013		DEADLIFT 1X1	MANY OUT
	DEADLIFT 2X7 70% ØF YOU			70-75% OF 1RM			70-78% OF YOUR 1RI		DEADLIFT 4X5 PROPRIOR YOUR 1 RM			82.5-85% OF 1RM		DEADLIFT 4X3			SEATED CABLE ROW			DEFICIT DEADARY 2016	
(BODYWEIG		(PYRAMID S			(BODYWEIGHT)	INVERTED ROW			BARBELL ROW 4 SETS	1	SEATED CABLE ROV			WIDE STATE FULLDOWNS			1 ARM PULLDOWNS			WIDE SKIPPULLDOWNS	4X12
	UNDERHAND BE TOW 3X8		LAT PULLDOWNS			UNDERHAND, BB ROX	3X8		LAT PULLDOWNS 3X12		1 ARM PULL DOWNS			HISH ROW MACHINE			DB PULLOVERS			HIGH ROW MACHINE	
	SEATED, CABLE ROW 4X8	(FAILUI	RE) INCLINE DB ROW	2 SETS		SEATED CABLE ROW		(FAILURE) INCLINE DIS FOW 2 SETS		DB PULL OVERS		1	V-BAR PULLDOWNS	3X10		V-BAR/PULLUP			N-BAR PULLDOWNS	3X10
	SING/E ARM PULLDOWN 4X10		UNDER HAND LAT PULLDOW	3X12		SINGLE ARM FULLDOWN	4X10		UNDER PROPERT PULLDOWN 3X12	b	V-BAR PULLUF			STRT BAR PULLOVER	4X8		INCLINE DB ROW	3X12	√.	STRT BAR PULLOVER	4X8
(FAILU	IRE) V-BAR PULLDOWN 2 SETS	_	ROPE PULLOVER	3X15	(FAILURE	V-BAR-PULLDOWN	2 SETS		ROPE PULLOVER 3X15	4	INCLINE DB ROW	3X12					//				
					1			/	1 6		/				1	1			7		
					,		10	/								1			7		
ΠΔΥ 4					-			/				1/2		1		1			7		
DAY 4	BENCH 3X4 75-80% 05-40		BENCH 3X4	77, MOF YOUR 1RM	-	BENCH 3X5	77:53 SE YOUR 1RM		BENCH 4X5 05,71.5% OF 1RM		BENCH 4X5	70% OF 1RM	9		79% OF 1RM		BENCH 4X5	70% OF 15M	7	BENCH 4X5	70% OF 1RM
	DENCH 3X4 75-80% OF 1F	M (TRISET)(NORMAL R	PS) STRAIGHT BAR CURUS	3X7		CLOSE GRIP BENCH 3XE	50% OF YOUR 1RM	(TRISET)/NORMAL REPS	STRAIGHT BAR CURLS 3X7	(FAILURE	STRAIGHT BAR EXT	1/SEN ///	(FAILURE)	STRAIGHT BAR CABLE CUR	1 SÉT	(FAILURE)	STRAIGHT BAR EXT	SET)	(FAILURE	STRAIGHT BAR CABLE CURL	1 SET
DAY 4	CLOSE GRIP BEINCH 3XB 55% OF 18 SET) STRAIGHT BAR CURLS 4X10	M (TRISET)(NORMAL R	OM STRAIGHT BAR CURLS	3X7 3X7	(TRISET)	CLOSE GRIP BENCH 3X8	50% OF YOUR 1RM 4X10	(HALF REPS AT BOTTOM	STRAIGHT BAR CURLS 3X7		STRAIGHT BAR EXT	1/SEM 4/X12	(FAILURE)	STRAGHT BAR CABLE CUST	1 SÉT 4X12		STRAIGHT BAR EXT	1 SET /	(FAILURE	ALT DB CURLS	1 SET 4X12
	BENCH 3X4 75-80% 05-70 CLOSE GRIP BENCH 3X8 55% OF 1F SET) STRUGHT BAR CURLS 4X10 SKULL CRUSHERS 4X10	M (TRISET)(NORMAL R (HALF REPS AT BOT (HALF REPS AT T	ON STRAIGHT BAR CURLS ON STRAIGHT BAR CURLS OP) STRAIGHT BAR CURLS	3X7 3X7 3X7	(TRISET)	CLOSE GRIP BENCH 398 STRAIGHT BAR CHRIS SKULL CRUSHERS	4X10 4X10	(HALF REPS AT BOTTON (HALF REPS AT TOP)	STRAIGHT BAR CURLS 3X7 STRAIGHT BAR CURLS 3X7 STRAIGHT BAR CURLS 3X7	(PYRAMID SETS)	STRAIGHT BAR EXT	1/SEN 4X12 4/SETS	(FAILURE) (PYRAMID SET)	ALT DB CURLS WEIGHT BENCH DIPS	1 SET 4X12 4X15	(PYRAMID SETS)	STRAIGHT BAR EXT	1 SET / 4X12 / 4 SETS		STRAIGHT BAR CABLE CURL ALT DB CURLS WEIGHT BENCH DIPS	1 SET 4X12 4X15
(TRI	BENCH 3X4 75-80% OF 76	M (TRISET)(NORMAL R	EPS) STRAIGHT BAR CURLE COM, STRAIGHT BAR CURLS OP) STRAIGHT BAR CURLS ET) STRAIGHT BAR TRI EXT	3X7 3X7 3X7 4 SETS		SKULL CRUSHERS ALTERNATE DE CURS	4X10 4X10 4X10 4X10	(HALF REPS AT BOTTOM	STRAIGHT BAR CURL 3X7 STRAIGHT BAR CURL 3X7 STRAIGHT BAR CURL 3X7 STRAIGHT BAR CURL 4 SETS	(PYRAMID SETS)	STRAIGHT BAR EXT	1/SET/ 4/X12/ 4/SETS 4/X10	(FAILURE) (PYRAMID SET)	STRAGHT BAR CABLE CURL ALT DB CURLS WEIGHT BENCH PIPS SPIDER CURLS	1 SÉT 4X12 4X15 3X12	(PYRAMID SETS)	STRAIGHT BAR EXT SICING 52 BAR SHULLONGS STRAIGHT BAR CURLE TATE PRESS	4 SETS 4X10		STRAIGHT BAR CABLE CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS	1 SET 4X12 4X15 3X12
	BENCH 3X4 75-80% 05-W0 SET) STRUCHT BAR CURLS 4X10 SKULL CRUSHERS 4X10 ALTERBATE DE CURLS 4X10 OVERHANDE DE CURLS 4X10	M (TRISET)(NORMAL R (HALF REPS AT BOT (HALF REPS AT T	COM STRAIGHT BAR CURLY COM STRAIGHT BAR CURLS OP) STRAIGHT BAR CURLS ET) STRAIGHT BAR TRI EXT	3X7 3X7 3X7 4 SETS 3X8		CLOSE GRIP BENCH 336 STRAIGHT BAR ÇLINGS SKULL CRUSHERS ALTERISTE DE CURLS ONE PROSPRISE CONTRACTOR	4X10 4X10 4X10 4X10 4X10 4X10 4 SETS	(HALF REPS AT BOTTON (HALF REPS AT TOP)	STRAIGHT BAR CURL 3X7 STRAIGHT BAR CURL 3X7 STRAIGHT BAR THEXT 4 SETS 1 APPLICATE THE EXT 3X8	(PYRAMID SETS)	STRAIGHT BAR EXT	1/SET 4/X12 4/SETS 4/X10 4/X10	(FAILURE) (PYRAMID SET)	STEWENT DAR CHALS CURP ALT DB CURLS WEIGHT BENCH PIPS SPIDER CURLS DIAMOND PUSHUPS	1 SET 4X12 4X15 3X12 3XFAILURE	(PYRAMID SETS)	STRAIGHT BAR EXT WILLIE IZ DAR SHILLIGHEN STRAIGHT BAR EURLE TATE PRESS ALT DE CURLS	4 SETS 4 SETS 4 X10 4 X10		ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS	1 SET 4X12 4X15 3X12 3XFAILURE
(TRI:	BENCH 3X4 75-80% OF 76	M (TRISET)(NORMAL R (HALF REPS AT BOT (HALF REPS AT T	EPS) STRAIGHT BAR CURLE COM, STRAIGHT BAR CURLS OP) STRAIGHT BAR CURLS ET) STRAIGHT BAR TRI EXT	3X7 3X7 3X7 4 SETS 3X8 4X12	(PYRAMID SET)	CLOSE GRIP BENCH 336 STRAIGHT BAR ÇLINGS SKULL CRUSHERS ALTERISTE DE CURLS ONE PROSPRISE CONTRACTOR	4X10 4X10 4X10 4X10 4X10 4X10 4 SETS 4X8	(HALF REPS AT BOTTON (HALF REPS AT TOP)	STRAIGHT BAR CURL 3X7 STRAIGHT BAR CURL 3X7 STRAIGHT BAR CURL 3X7 STRAIGHT BAR CURL 4 SETS	(PYRAMID SETS)	STRAIGHT BAR EXT	1/SET 4/X12 4/SETS 4/X10 4/X10	(FAILURE) (PYRAMID SET)	STRAGHT BAR CABLE CURL ALT DB CURLS WEIGHT BENCH PIPS SPIDER CURLS	1 SET 4X12 4X15 3X12 3XFAILURE	(PYRAMID SETS)	STRAIGHT BAR EXT SICING 52 BAR SHULLONGS STRAIGHT BAR CURLE TATE PRESS	4 SETS 4 SETS 4 X10 4 X10		STRAIGHT BAR CABLE CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS	1 SET 4X12 4X15 3X12 3XFAILURE
(TRI:	BENCH 3X4 75-80% OF-YO CLOSE GRUP BENCH 2XB 555% OF 18 CLOSE GRUP BENCH 2XB 555% OF 18 SKULL CRUSHJERS 4X10 ALTERNATE DE CURLS 4X10 OVERSHANDE OF CURLS 4X10 OVERSHANDE OF CURLS 4X8	M (TRISET),NORMAL R (HALF REPS AT BOT (HALF REPS AT T (PYRAMID S	CON STRAIGHT BAR CURLS CON STRAIGHT BAR CURLS CP) STRAIGHT BAR CURLS ET) STRAIGHT BAR TRIEXT AT DE NCLINE CURLS	3X7 3X7 3X7 4 SETS 3X8 4X12	(PYRAMID SET)	CLOSE GRIP BENCH 398 STRUCHT BAR CARAGE SKULL CRUSHERS ALTERSAYE 96 CLRLS CARAGE CURLS CARAGE CURLS CARAGE CURLS CROPE CURLS	4X10 4X10 4X10 4X10 4X10 4X10 4 SETS 4X8	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	STEWAGHT BAR CURE # 5X7 STEWAGHT BAR CURE # 3X7 STEWAGHT BAR CURE # 3X7 STEWAGHT BAR CURE # 4 SETS 1 JAN 6 SELE THE EXT	(PYRAMID SETS)	STRAIGHT BAR EXT	1/SET 4/X12 4/SETS 4/X10 4/X10	(FAILURE) (PYRAMID SET)	STEWENT DAR CHALS CURP ALT DB CURLS WEIGHT BENCH PIPS SPIDER CURLS DIAMOND PUSHUPS	1 SET 4X12 4X15 3X12 3XFAILURE	(PYRAMID SETS)	STRAIGHT BAR EXT WILLIE IZ DAR SHILLIGHEN STRAIGHT BAR EURLE TATE PRESS ALT DE CURLS	4 SETS 4 SETS 4 X10 4 X10		ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS	1 SET 4X12 4X15 3X12 3XFAILURE
(TRIE (PYRAMID S	BENCH 3X4	M (TRISET),NORMAL R (HALF REPS AT BOT (HALF REPS AT T (PYRAMID S	CON STRAIGHT BAR CURLS CON STRAIGHT BAR CURLS CP) STRAIGHT BAR CURLS ET) STRAIGHT BAR TRIEXT AT DE NCLINE CURLS	3X7 3X7 3X7 4 SETS 3X8 4X12	(PYRAMID SET)	CLOSE GRIP BENCH 398 STRUCHT BAR CARAGE SKULL CRUSHERS ALTERSAYE 96 CLRLS CARAGE CURLS CARAGE CURLS CARAGE CURLS CROPE CURLS	4X10 4X10 4X10 4X10 4X10 4X10 4 SETS 4X8	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	STEWAGHT BAR CURE # 5X7 STEWAGHT BAR CURE # 3X7 STEWAGHT BAR CURE # 3X7 STEWAGHT BAR CURE # 4 SETS 1 JAN 6 SELE THE EXT	(PYRAMID SETS)	STRAIGHT BAR EXT	1/SET 4/X12 4/SETS 4/X10 4/X10	(FAILURE) (PYRAMID SET)	STEWENT DAR CHALS CURP ALT DB CURLS WEIGHT BENCH PIPS SPIDER CURLS DIAMOND PUSHUPS	1 SET 4X12 4X15 3X12 3XFAILURE	(PYRAMID SETS)	STRAIGHT BAR EXT WILDE IZ DAR SHILLIGHEN STRAIGHT BAR EURLE TATE PRESS ALT DE CURLS	4 SETS 4 SETS 4 X10 4 X10		ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS	1 SET 4X12 4X15 3X12 3XFAILURE
(TRI:	BENCH 3X4 77-8 mon, op/10	M (THISET)NORMAL R OMALF REPS AT BOT (HALF REPS AT T (PYRAMID S (FAILURE	STRACHT BAR CURLEY COM STRACHT BAR CARLE PO STRACHT BAR CARLE TO STRACHT BAR CURLS TO STRACHT BAR THI EXT JARA CARLE TRI EXT JARA CARLE TRI EXT REVERSE GRIP THI EXT	3X7 3X7 3X7 4 SETS 3X8 4 4X12 2 SETS	(PYRAMID SET) (FAILURE	CLOSE GRIP BENCH 398 STRAIGHT BAR CHINA SKULL CRUSSHEEMS A TEMPLATE OF PLANE SPANEAR STRAIGHT OF PLANE SPANEAR SHARM SHARM STRAIGHT OF PLANEAR STR	#X10 4X10 4X10 4X10 4 SETS 4X8 2 SETS	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	тимиен выс сия / ЗХТ итмиен выс сия / ЗХТ итмиен выстанся з ЗХТ итмиен выстанся з ЗХТ итмиен выстанся з ЗХТ итмиен выстанся з ЗКТ измиент з ЗХВ	(PYRAMID SETS)	STRAIGHT BAR EXT INCLINE C7946 BALLOSIS STRAIGHT BAR ELASS TATE PRESS ALT DROUBLES BOO'S FIAMMER CURLS	4 SETS 4 SETS 4 X10 4 X10 4 X10 3 X10	(FAILURE) (PYRAMID SET)	STINGER BAR CHALL CUST ALT DB CURLS WEIGHT BENCH DIPS SPIDER CÚRLS DJANGKO PUSHUPS V-BAK PUSHDOWNS	1 SÉT 4X12 4X15 3X12 3XFAILURE 3XFAILURE	(PYRAMID SETS)	STRAIGHT BAR EXT NOLING EZ DAG SHELLOSING STRAIGHT BAR CHIRL TATE PRESS ALT DB CURLS RIGHT HAMMER CURLS	4 SETS 4 X10 4 X10 4 X10 3 X10		STEMOSH BAR CABLE CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS	1 SET 4X12 4X15 3X12 3XFAILURE
(TRIE (PYRAMID S	BENCH 3X4 72-20% OperVolume Table 1, 1975 Table 1, 197	M (THISET)NORMAL R OMALF REPS AT BOT (HALF REPS AT T (PYRAMID S (FAILURE	STRAIGHT BAR CARGE COM STRAIGHT BAR CARGE FT) STRAIGHT BAR THE EXT STRAIGHT BAR CARGE REVERSE GRIP THE EXT	3X7 3X7 3X7 4 SETS 3X8 4 4X12 2 SETS	(PYRAMID SET) (FAILURE	CLOSE GRUP BENCH 1986 STRANGHT BAR CHING/S SKULL CRUSS HERS A. TERNSHIP OR STRANGAN ROOFF CURLS STRANGAN BAR PURICOMAG SQUAT 4X5	### SETS ### SETS ### SETS ### SETS ### SETS ### SETS	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	тимост вис сия ((PYRAMID SETS)	STRAIGHT BAR EXT INCLUDE CTANGER TO BAR EXTENDED TATE PRESS ALT DRICURLS BOTH FAMMER CURLS SQUAT 3X6	#X12 # SETS #X10 #X10 3X10	(FAILURE) (PYRAMID SET)	STIMMENT EAR CASLS COSE ALT DIS CURLS WEIGHT BESCH DIPS SPIDER COVID- DIAMOND PUSHUPS U-BAR PUSHDOWNS SQUAT 3X5	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 72.5% OF 1RM	(PYRAMID SETS)	STRAIGHT BAR EXT NOLING 12 BAN SHOLLOGING STRAIGHT BAR SANJAL TATE PRESS ALT DE CURLS INGENT HAMMER CURLS	1 SET 43/12 4 SETS 4X/10 4X/10 3X/10 3X/10 70% OF 1RM		STANDART BAR CABLE CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE
(TRIE (PYRAMID S	BENCH 3X4 77-8 mon, op/10	M (THISET)NORMAL R OMALF REPS AT BOT (HALF REPS AT T (PYRAMID S (FAILURE	STRAIGHT BAR CARGE COM STRAIGHT BAR CARGE FT) STRAIGHT BAR THE EXT STRAIGHT BAR CARGE REVERSE GRIP THE EXT	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS	(PYRAMID SET) (FAILURE	CLOSE GRUP BENCH 398 STRUCKT BAR CHIPAL SKULL CRUSHERS ALTERSFITE DELEVAL ALTERSFITE DELEVAL FROM CONTROL FRO	### 1500 F YOUR 1RM #### 18410 #### 4 SETS #### 2 SETS ##### 2 SETS	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	######################################	(PYRAMID SETS)	STRAIGHT BAR EXT INCLUDE CYPRISH LOUIS STRAIGHT BARGURE TATE PRESS ALT DRICURLS BEFORMAMER CURLS SQUAT 3X6	1857 44.12 4.8ETS 4X10 4X10 3X10 708 OF 1RM 1XFAILURE	(FAILURE)	STRUCTURE COLD COLD COLD COLD COLD COLD COLD COLD	1 SÉT 4X12 4X15 3X15 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE	(PYRAMID SETS)	STRAIGHT BAR EXT NOLINE 22 WAS SHALLOFUN STRAIGHT BAR SUMM TATE PRESS ALT DE CURLS REPT HARMER CURLS SQUAT 3X3 LEG EXTENSIONS	1 SE 4 X12 4 SETS 4 X10 4 X10 3 X10 70% OF 1RM 3 XFAILURE		ETRAGIT FAIR CABE CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS N/A ROMANIAN DEADLY	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE
(TRIE (PYRAMID S	BENCH 3X4 72-200-03-700	M (THISET)NORMAL R OMALF REPS AT BOT (HALF REPS AT T (PYRAMID S (FAILURE	STRAIGHT BAR CURLY STRAIGHT BAR CURLY STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR THE EXT STRAIGHT BAR CURLS STRAIGHT BAR THE EXT STRAIGHT BAR THE EXT STRAIGHT BAR CURLS STRAIGH	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS	(PYRAMID SET) (FAILURE	CLOSE GRUP BENCH 1986 STRANGHT BAR CHING/S SKULL CRUSS HERS A. TERNSHIP OR STRANGAN ROOFF CURLS STRANGAN BAR PURICOMAG SQUAT 4X5	### OF YOUR 1RM ####################################	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	тимост вис сия ((PYRAMID SETS)	STRAIGHT BAR EXT INCINE CTYPHORIUS ETRAIGHT BAR EXTE TATE PRESS ALT GREUPLS ESTRIAMEN CURLS SQUAT 3X6 LEG EXTENSIONS LEG PRESS	1857 44.12 4.8ETS 4X10 4X10 3X10 708 OF 1RM 1XFAILURE	(FAILURE) (PYRAMID SET)	STIMMENT EAR CASLS COSE ALT DIS CURLS WEIGHT BESCH DIPS SPIDER COVID- DIAMOND PUSHUPS U-BAR PUSHDOWNS SQUAT 3X5	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 3XFAILURE 72.5% OF 1RM 3X10 4X12	(PYRAMID SETS) (SUPERSET)	STRAIGHT BAR EXT NOLING 12 BAN SHOLLOGING STRAIGHT BAR SANJAL TATE PRESS ALT DE CURLS INGENT HAMMER CURLS	/ SE/ 48/12 4 SETS 4 SETS 4 X10 4 X10 3 X10 70% OF 1RM 70% OF 1RM 70% OF 1RM 70% OF 1RM		STANDART BAR CABLE CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 3XFAILURE 4X12
(TRIE (PYRAMID S	BENCH 3X4 72-20-02-070 COORDINATE PROVINCES SERVICE OF 1857 STATE CHARGE SALL	M (THISET)NORMAL R OMALF REPS AT BOT (HALF REPS AT T (PYRAMID S (FAILURE	STRACHT BAR CARLET STRACHT BAR CARLET STRACHT BAR CARLET STRACHT BAR CARLET STRACHT BAR THE EXT STRACHT BA	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS 725% 06 YOUR 1RM 4X12 4X10 3X15	(PYRAMID SET) (FAILURE	CLOSE GRUP BENCH 398 STRANGET ARE GRUPS. SKULL CRESS FEES	## OF YOUR 1RM ## AX10 ## AX10 ## AX10 ## AX10 ## AX10 ## AX12	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	STUDENT SINCE STUDENT SINCE	(PYRAMID SETS)	STRAIGHT BAR EXT MOUNT STANGENT BANG HIS STRAIGHT BANG HIS TATE PTESS ALT DR CUPLS BOTH CUPLS SQUAT 3X6 LEG EXTENSIONS LEG PRESS DB ROLS WANTERCOLURIS	4 SETS 4 SETS 4 X10 4 X10 3 X10 70 X OF 1RM 7 X FAILURE 4 X10 4 X8 4 X12	(FAILURE)	STORENT WIN CHIEF CONT. ALT DE CURL! WEIGHT BEFORE DIFF. WEIGHT SERVER SQUAT 3X5 ROMANIAN DEADLET DUMBBELL LINKES HANSTERFRIS SCHILLS HANSTERFRIS SCHILLS HANSTERFRIS SCHILLS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE	(PYRAMID SETS) (SUPERSET)	STRAIGHT BAR EXT MICHIES TO ME SHELL SHE	4 SETS 4 4 SETS 4 4 4 4 4 4 4 1 0 3 3 1 0 0 0 0 0 1 1 1 1 1 1 1 1 1 1		STRUCHT AND CARLE CARL ALT DIS CURLS. WEIGHT BENCH DIPS SPIDER CURLS. DIAMOND PUSHUPS V-BAR PUSHDOWNS N/A ROMANIAN DEAGLE DUMBBELL LYMSES. HAMSTEPHS CURLS.	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 3XFAILURE 4X12 4X12 3XI5 3XI5 3XI5 3XI5
(TRIE (PYRAMID S	BENCH 3X4 72 - 2000 - 2	M (THISET)NORMAL R OMALF REPS AT BOT (HALF REPS AT T (PYRAMID S (FAILURE	STRAGET BAR CHRU/ COS STRAGET BAR GREE STRAGET BAR GREE STRAGET BAR GREE STRAGET BAR STRAGET SQUAT 3X5 DB ROL LEG PRESS LEG EXTENSIONS LEG EXTENSIONS LAG STRAGET BAR STRAGET STRA	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS 72566 69 YOUR 1RM 72567 69 YOUR 1RM 72567 69 YOUR 1RM 73X15 3X15 3X15	(PYRAMID SET) (FAILURE	CLOSE CHIP BENCH 398 STRUMENT BAN CHIP SKULL CHIP AL TENGHT OR JUNE AL TENGHT OR JUNE AL TENGHT OR JUNE AND THE CHIP AND THE CHIP SCHOOL THE CHIP WISHING STEP UP	### AX10 ####################################	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	точент выс сие в SXT точент выс сие в SXT точент высовыя 3XT точент выбрать 3XT точент выбрать 3XT точент выбрать 3XT точент выбрать 3XE добрать высовыя 4XE2 добрать высовыя 4XE2 SQUAT 4XS SQUAT 4XS	(PYRAMID SETS)	STRAIGHT MAR EXT NO. WE CTANDAM THE MARKET CURLS TATE PRESS ALT DE CUPLS RESPRESS SQUAT 3X6 LEG EXTENSIONS LEG PRESS DB ROLS	4 SETS 4 SETS 4 X10 4 X10 3 X10 70 X OF 1RM 7 X FAILURE 4 X10 4 X8 4 X12	(FAILURE)	STOWART WAS CASE COST ALT DE CURLS WEIGHT BESTON PIES SPIDER CURLS DAMOND FUSHUPS VEAN FUSHOOWNS SQUAT 3X5 ROMANIAN DEADLY DUMBBELL LIMINES HAMSTERING CURLS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE	(PYRAMID SETS) (SUPERSET)	STRAIGHT BAR EXT MILIES TO AND SHALLOWING TO AND SHALLOWING THE S	4 SETS 4 4 SETS 4 4 4 4 4 4 4 1 0 3 3 1 0 0 0 0 0 1 1 1 1 1 1 1 1 1 1		STRAGET BAR CABE CARE ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS N/A ROMANIAN DEADLET DUMBBELL LYMSSS HAMISTIPHS CURLS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 3XFAILURE 4X12 4X12 3XI5 3XI5 3XI5 3XI5
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(PYRAMD) (PYRAMD) (FALL)	BENCH 3X4 72 - 2000 GENCH 2000 GE	M (THISET)NORMAL R OMALF REPS AT BOT (HALF REPS AT T (PYRAMID S (FAILURE	STRAGET BAR CHRU/ COS STRAGET BAR GREE STRAGET BAR GREE STRAGET BAR GREE STRAGET BAR STRAGET SQUAT 3X5 DB ROL LEG PRESS LEG EXTENSIONS LEG EXTENSIONS LAG STRAGET BAR STRAGET STRA	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS 72566 69 YOUR 1RM 72567 69 YOUR 1RM 72567 69 YOUR 1RM 73X15 3X15 3X15	(PYRAMID SET) (FAILURE	CLOSE CHIP BENCH 398 STRUMENT BAN CHIP SKULL CHIP ALTERNATION CHIP ALTERNATION CHIP ALTERNATION CHIP SCHOOL	### AX10 ####################################	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	точент выс сие в SXT точент выс сие в SXT точент высовыя 3XT точент выбрать 3XT точент выбрать 3XT точент выбрать 3XT точент выбрать 3XE добрать высовыя 4XE2 добрать высовыя 4XE2 SQUAT 4XS SQUAT 4XS	(PYRAMID SETS)	STRAIGHT BAR EXT MOUNT STANGENT BANG HIS STRAIGHT BANG HIS TATE PTESS ALT DR CUPLS BOTH CUPLS SQUAT 3X6 LEG EXTENSIONS LEG PRESS DB ROLS WANTERCOLURIS	4 SETS 4 SETS 4 X10 4 X10 3 X10 70 X OF 1RM 7 X FAILURE 4 X10 4 X8 4 X12	(FAILURE)	STORENT WIN CHIEF CONT. ALT DE CURL! WEIGHT BEFORE DIFF. WEIGHT SERVER SQUAT 3X5 ROMANIAN DEADLET DUMBBELL LINKES HANSTERFRIS SCHILLS HANSTERFRIS SCHILLS HANSTERFRIS SCHILLS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE	(PYRAMID SETS) (SUPERSET)	STRAIGHT BAR EXT MICHIES TO ME SHELL SHE	4 SETS 4 4 SETS 4 4 4 4 4 4 4 1 0 3 3 1 0 0 0 0 0 1 1 1 1 1 1 1 1 1 1		STRACHT AND CARLE CARL ALT DIS CURLS. WEIGHT BENCH DIPS SPIDER CURLS. DIAMOND PUSHUPS V-BAR PUSHDOWNS N/A ROMANIAN DEAGLE UMMESS HAMSTEPHIC CURLS HAMSTEPHIC CURLS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 3XFAILURE 4X12 4X12 3XI5 3XI5 3XI5 3XI5
(PYRAMD) (PYRAMD) (FALL)	BENCH 3X4 72 - 2000 GENCH 2000 GE	M (THISET)NORMAL R OMALF REPS AT BOT (HALF REPS AT T (PYRAMID S (FAILURE	STRAGET BAR CHRU/ COS STRAGET BAR GREE STRAGET BAR GREE STRAGET BAR GREE STRAGET BAR STRAGET SQUAT 3X5 DB ROL LEG PRESS LEG EXTENSIONS LEG EXTENSIONS LAG STRAGET BAR STRAGET STRA	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS 72566 69 YOUR 1RM 72567 69 YOUR 1RM 72567 69 YOUR 1RM 73X15 3X15 3X15	(PYRAMID SET) (FAILURE	CLOSE CHIP BENCH 398 STRUMENT BAN CHIP SKULL CHIP ALTERNATION CHIP ALTERNATION CHIP ALTERNATION CHIP SCHOOL	### AX10 ####################################	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	точент выс сие в SXT точент выс сие в SXT точент высовыя 3XT точент выбрать 3XT точент выбрать 3XT точент выбрать 3XT точент выбрать 3XE добрать высовыя 4XE2 добрать высовыя 4XE2 SQUAT 4XS SQUAT 4XS	(PYRAMID SETS)	STRAIGHT BAR EXT MOUNT STANGENT BANG HIS STRAIGHT BANG HIS TATE PTESS ALT DR CUPLS BOTH CUPLS SQUAT 3X6 LEG EXTENSIONS LEG PRESS DB ROLS WANTERCOLURIS	4 SETS 4 SETS 4 X10 4 X10 3 X10 70 X OF 1RM 7 X FAILURE 4 X10 4 X8 4 X12	(FAILURE)	STORENT WIN CHIEF CONT. ALT DE CURL! WEIGHT BEFORE DIFF. WEIGHT SERVER SQUAT 3X5 ROMANIAN DEADLET DUMBBELL LINKES HANSTERFRIS SCHILLS HANSTERFRIS SCHILLS HANSTERFRIS SCHILLS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE 3XFAILURE	(PYRAMID SETS) (SUPERSET)	STRAIGHT BAR EXT MICHIES TO ME SHELL SHE	4 SETS 4 4 SETS 4 4 4 4 4 4 4 1 0 3 3 1 0 0 0 0 0 1 1 1 1 1 1 1 1 1 1		STRACHT AND CARLE CARL ALT DIS CURLS. WEIGHT BENCH DIPS SPIDER CURLS. DIAMOND PUSHUPS V-BAR PUSHDOWNS N/A ROMANIAN DEAGLE UMMESS HAMSTEPHIC CURLS HAMSTEPHIC CURLS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 3XFAILURE 4X12 4X12 3XI5 3XI5 3XI5 3XI5
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(PYRAMD) (FALL) DAY 5	BENCH 3X4 72-800-03-700	M (TRISET/)NICHMAL IN JUNEAU REPS AT BOT OF OUR PERSON AT BOT OUT PERSON AT BOT OUR PERSON AT BOT OUT PERSON AT BOT OUR PERSON AT BOT OUR PERSON AT BOT OUR PERSON AT	In majorit no confine the conf	3X7 3X7 3X7 3X7 4 SETS 3X8 4 SETS 3X8 4X12 2 SETS 3X15 4X10 3X15 3X15 3X15 3X15 3X10 3X12 3X12 3X12 3X12	(PYRAMID SET)	COSE CORP ENCY SE SENIOR S	### AND TOOLS THE AND TOOLS TH	NUL REPS AT BOTTOM POPPERS AT TOP (PYRAMID SET) (PYRAMID SET)	######################################	(PYRAMID SETS)	STOROGH BLA CAT WARE THE PROPERTY AND TH	1 SEB	(PYRAMID SET) (SUPERSET) (PYRAMID SETS)	HOUSE OF AUTO CONTINUES OF THE POLICE OF THE	1 SET 4 XX12 4X15 3X12 4X15 3X12 4X15 3X12 1X12 EXAMPLE 3XFALURE 3XFALURE 3XFALURE 3XFALURE 3XFALURE 3X10 4X12 3X15 3X8 3X20 3X8	(PYRAMID SETS) (SUPERSET)	STRUCTURE TO THE STRUCT	1 SET 1 SET	(PYRAMID SET	PRODUCT ON COLUMN STATES OF THE STATES OF TH	1 SET 4X12 4X12 4X15 3X12 3X14 3X14 3X14 3X14 3X14 3X14 3X14 3X14 3X15 3X15 3X15 3X15 3X15 3X15 3X15 3X16 3X17 3X18 3X18 3X18 3X18 3X18 3X18 3X18 3X18 3X18 3X18 3X18
(PYRAMID 3) (FALL DAY 5 (SUPERS (SUPERS)	BENCH 3X4 72 - 2000 cg / 200	M most riporau. a ment a tori para riporau. a ment a tori para riporau. Per para rip	IN CONTROL CON	3X7 3X7 4 SETS 3X8 4 SETS 3X8 4 X12 2 SETS 3X8 4 X12 3 SETS 3X15 3X15 3X15 3X15 3X15 3X15 3X15 3X12 3X12 3X12 3X12 3X12 3X12 3X12	(FAILURE	COS OF MICHAEL STATES OF MICHA	### AND TOOLS THE AND TOOLS TH	NUL REPS AT DOTTO JOUR REPS AT DOT (PYRAMID SET (PALURE (PYRAMID SET) (SUPERSET)	Interior success	(PYRAMID SETS)	STRUCTURE THE SET OF T	1 SEP	(PYRAMID SET) (SUPERSET) (PYRAMID SETS)	AT DE CURB, AT THE CONTROL OF THE CO	1 SET	(PYRAMID SETS) (SUPERSET)	STRUCTURE TO THE STRUCT	1 SET 4 SETS 4 SETS 4 SETS 4 AV10 3 XV10 3 XV	(PYRAMID SET	AT OR CURLS MINISTRATION OF THE STREET OF TH	1 SET
(PYRAMD 9 (FALL) DAY 5 DAY 6 (SUPERS (SUPERS (SUPERS (FALL))	BENCH 3X4 72-80-0,019/05	M emost promuse, a memory and a	In instanct on confine the con	\$\frac{\frac}\frac{\frac{\frac{\frac{\frac{\frac{\frac{\f{\frac{\frac{\fri	(SUPERSET) (FAILURE	COSE CORP ENCINED TO THE CONTROL OF	### AND THE PROPERTY OF THE PR	NUL REPS AT DOTTO JOUR REPS AT DOT (PYRAMID SET (PALURE (PYRAMID SET) (SUPERSET)	######################################	(PYRAMID SETS)	STOROGH FÜR GET MAN EIN GET TÄTE PRESS ALT 156 (GINE) SQUAT 3X6 LEG DATORIONA LEG PRESS ALT FAISES MACHINE FLY NCLINE OF PRESS CALE PRAISES CALE PRAISES CALE PRAISES MACHINE FLY NCLINE OF PRESS CALE PRODUCTORY PENDLAY ROLL CALE PRODUCTORY MACHINE SON CALE SON MACHINE SON	1 SEB	(SUPERSET) (SUPERSET) (SUPERSET)	HILDER TO ALL STATES ALT DE CURRAL ALT DE CURRAL SPIDER FOURLES SPIDER FOURLES LOSING FUEL OF THE STATES LOSING FUEL OF THE STATES SOULAT 3XS ROMANION DESIGN DOMINION DESIGN HAGE SOULAT CALF RAISES DE ROW DE ROW DE ROW DE ROW FUEL UPS DE ROW DE ROW DE ROW FUEL DE ROW FUEL DE ROW FUEL DE ROW DE ROW DE ROW DE ROW PLANT OF THE STATES DE ROW DE ROW	1 SET 4 4X15 3X74 LURE 3XFAILURE 3XF	(PYRAMID SETS) (SUPERSET)	STRUMENT BAR EXT. MAGE TO MAN BATE AT MAGE TO MAN BATE AT THE CHIRAL TO MAN BATE AT THE CHIRAL THE	1 SET 1 SET	(SUPERSET) (SUPERSET) (SUPERSET)	PRODUCT DISCOULT DISCO	1 SET
(PYRAMD 9 (FALL) DAY 5 DAY 6 (SUPERS (SUPERS (SUPERS (FALL))	BENCH 3X4 72 - 2000 cg / 200	M most riporau. a ment a tori para riporau. a ment a tori para riporau. Per para rip	IN CONTROL CON	3X7 3X7 4 SETS 3X8 4 SETS 3X8 4 X12 2 SETS 3X8 4 X12 3 SETS 3X15 3X15 3X15 3X15 3X15 3X15 3X15 3X12 3X12 3X12 3X12 3X12 3X12 3X12	(SUPERSET) (FAILURE	COS OF MICHAEL STATES OF MICHA	### AND THE PROPERTY OF THE PR	NUL REPS AT DOTTO JOUR REPS AT DOT (PYRAMID SET (PALURE (PYRAMID SET) (SUPERSET)	Interior success	(PYRAMID SETS)	STRUCT FUR ECT WAS A PHONE OF THE STATE OF T	1558 / 557	(SUPERSET) (SUPERSET) (SUPERSET)	ALT GE CURSE, ALT GE CURSE, WINDOWS SPICER FOR LS CURSE SPICER FOR	1 SET	(PYRAMID SETS) (SUPERSET)	STRUGHT BAR EXT. TO THE TO THE	1 SET 4 SET 6 SET	(SUPERSET) (SUPERSET) (SUPERSET)	ALT OR CURS. ALT OR CURS. SPIDER FOURS. SPIDER FOURS. DEMONS DE MONS DEMONS DE MONS DEMONS DE MONS DEMONS DE MONS DE MON	1 SET
DAY 5	BENCH 3X4 72-80-0,019/05	M most riporau. a ment a tori para riporau. a ment a tori para riporau. Per para rip	In instanct on confine the con	\$\frac{\frac}\frac{\frac{\frac{\frac{\frac{\frac{\frac{\f{\frac{\frac{\fri	(SUPERSET) (FAILURE	COSE CORP ENCINED TO THE CONTROL OF	### AND THE PROPERTY OF THE PR	NUL REPS AT DOTTO JOUR REPS AT DOT (PYRAMID SET (PALURE (PYRAMID SET) (SUPERSET)	######################################	(PYRAMID SETS)	STOROGH FÜR GET MAN EIN GET TÄTE PRESS ALT 156 (GINE) SQUAT 3X6 LEG DATORIONA LEG PRESS ALT FAISES MACHINE FLY NCLINE OF PRESS CALE PRAISES CALE PRAISES CALE PRAISES MACHINE FLY NCLINE OF PRESS CALE PRODUCTORY PENDLAY ROLL CALE PRODUCTORY MACHINE SON CALE SON MACHINE SON	1558 / 557	(SUPERSET) (SUPERSET) (SUPERSET)	HILDER TO ALL STATES ALT DE CURRAL ALT DE CURRAL SPIDER FOURLES SPIDER FOURLES LOSING FUEL OF THE STATES LOSING FUEL OF THE STATES SOULAT 3XS ROMANION DESIGN DOMINION DESIGN HAGE SOULAT CALF RAISES DE ROW DE ROW DE ROW DE ROW FUEL UPS DE ROW DE ROW DE ROW FUEL DE ROW FUEL DE ROW FUEL DE ROW DE ROW DE ROW DE ROW PLANT OF THE STATES DE ROW DE ROW	1 SET	(PYRAMID SETS) (SUPERSET)	STRUGHT BAR EXT. TO THE TO THE	1 SET 1 SET	(SUPERSET) (PYRAMID SETS (SUPERSET) (SUPERSET)	PRODUCT DISCOULT DISCO	1 SET

























































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