

# *Busybee's* SHAPE UP

VOLUME 2

CONTINUATION FROM GUIDE 1

WEEKS 9 - 16



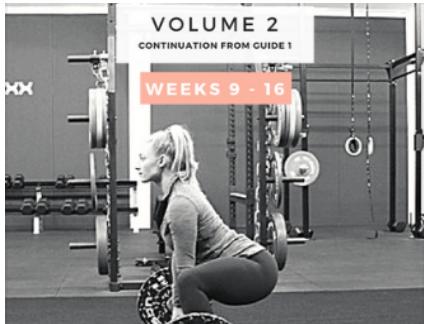
# BUSYBEE SHAPE UP

## WELCOME TO VOLUME 2.

Thank you so much for purchasing Busybee's Shape Up Vol. 2! I just need to double check that you have already completed my first Shape Up guide (Weeks 1-8). This guide is a follow on from Busybee's Shape Up Weeks 1-8 (previously Busybee's Summer Shape Up) and so that guide should be completed first. If you have purchased this guide without the previous guide then please get in contact with our support email so that we can help sort this situation out! A large amount of the intro to this guide will be identical to BBSU 1 as it is a follow on. (Please still read this to refresh your memory of BBSU!)

Just like in the previous guide you should have received three documents to download:

You should have received a file containing 3 documents (including this one) which is likely to have saved within the downloads folder as "Busybee's Shape Up Weeks 1-8". Everything within this folder is yours to keep forever! If you lose anything within the folder then just find the email you would have been sent confirming your purchase where you should be able to download everything again! The 3 documents are:



### PDF BOOKLET

1. "Busybee's Shape Up Vol. 2" (this PDF)- this contains all of the information that you need to carry out the entire guide to the best of your ability as well as the workouts themselves! Please read this entire PDF before heading off to the gym for your first workout!



### EXERCISE CATALOG

2. "Exercise Catalogue"- contains all of the exercises used in alphabetical order! There is more information on this later on within this PDF.

### WORKOUT LOG

3."Workout Log"- a spreadsheet or PDF within which you can log your weight and reps! There is more information on this later on within this PDF.

EXERCISE, REPS, SETS AND NOTES				SET 1	
EXERCISE	REPS	SETS	NOTES	weight	reps
Barbell Back Squat	8-12	4			
Barbell Hip Thrust	10-12	4	static hold		
Dumbbell walking lunges	8-12	3	reps per leg		
Dumbbell single leg Romanian deadlift	12-15	2	drop set on final set		
Cable Pulloff	8-12	3	slow negatives		

# INFORMATION

## Exercise Catalogue

We have a new exercise catalogue for BBSU vol. 2. This catalogue will contain all of the exercises that you need to complete BBSU vol. 2 including those that were already in BBSU vol. 1, so there is no need for you to flick back and forth between the two catalogues! The exercises are in alphabetical order with the identical name to which they are written in the guide. Please be aware there is actually a part 1 and part 2 to the catalogue due to there being so many exercises!

## Workout Tracker

We have also created a separate workout tracker within your “Busybee’s Summer Shape Up” folder! This is a spreadsheet document where you can track your weight used along with reps throughout the 8 weeks, similar to the first workout tracker you used for the in BBSU 1. With the new workout programme there are a number of exercises which have remained in BBSU 2 - it is important to continue on with these exercises from the first BBSU 1 Workout Tracker to this one. Having these exercises now in BBSU provides you with more time to really develop and gain the true benefits of the exercises selected. This should also help with the efficiency of your workouts as you will know what weight to start on for each exercise next time at the gym! It is also a great way to track your strength and fitness progress. We’re hoping to see those weights increase (even if only slightly) every single week! The tracker contains only the upper and lower workouts so please refer to this PDF for the ab, HIIT and booty burner workouts!

# MEET THE TIME

## CARYS GRAY



Hello everyone!

I'm Carys Gray (busybeecarys). I've been training for over 4 years now and over the years I've trained in so many different ways, always wanting to learn and develop my knowledge as much as I could. I'm so excited to be creating volume 2 of BBSU with the best team I could ever ask for! Connor Swift as the certified BBSU PT and James Whittaker working behind the scenes with me to make this all possible.

Ahh I'm so excited for your BBSU journey to continue! The feedback and results from BBSU 1 was so inspiring and I can't wait to see how everyone gets along with volume 2! Lets smash this and reach our goals, but remember along the way to be kind to yourself and make change with love and not hate towards our bodies! Of course we all have our aesthetic goals we want to reach but also remember the physical fitness and health progress we will be making and how great exercise can be for the mind too! I believe in you all and I know you can do it!!! LET'S GO...

# MEET THE TEAM

## CONNOR SWIFT



Welcome back to the Shape Up guides everyone, we hope you enjoyed the first guide and it has helped you in your fitness journey! I'm Connor, a qualified personal trainer who has a passion in helping others achieve their fitness goals. I create the workouts & structure of the guides. After such great feedback from everyone who completed BBSU Vol.1, Carys & I knew we needed to create round 2! Seeing as everyone enjoyed the programme there was no need to change it drastically - instead, small specific changes would provide a greater benefit for you. One of the biggest problems I see within the fitness industry is people swapping workout programmes every couple of weeks. It isn't until you really commit yourself to a full training programme you see the results you want. The design of BBSU Vol 1 & 2 - 2 x 8 week workout programmes - is the perfect structure for true progression. Like anything, practise makes perfect. Spending a longer time on learning certain exercises allows for better form, and therefore greater overall progression. Combined with the handy workout tracker, the design of the BBSU guides provides you with the ultimate combination to reach your fitness goals. I hope you enjoy Guide 2 - see you on the other side!

# THE LAYOUT

The workouts in volume 2 follow the same structure and workout split as that in volume 1. The reason for this is that within a given mesocycle (training phase) people often make the mistake of changing their style of training too early meaning that they do not gain the full effect of that training phase and style. Therefore, volume 2 is a FIVE day workout guide, which involves TWO rest days a week adding up to the 7 days per week.

The workout split:

LOWER A

UPPER A

LOWER B

UPPER B

FULL BODY HIIT WORKOUT

We recommend completing the workouts in this order, implementing the two rest days whenever best suits your lifestyle. If due to other commitments you can't complete the workout split within 7 days, always return to where you left off and complete all five workouts before re-starting the workout cycle.

An example weekly workout split:

LOWER A

UPPER A

REST DAY

LOWER B

UPPER B

FULL BODY HIIT WORKOUT

REST DAY

# THE LAYOUT

Similar to the first guide, volume 2 is again broken up into two phases of 4 weeks, with the difficulty and focus changing slightly between the two phases.

Keeping the workouts the same for the first phase of four weeks, this will give you time to maximise progression throughout every workout. The second phase (the last four weeks) of volume two will again become more difficult through the introduction of new exercises and training methods. We've decided to keep the two phases in the training programme because we've received great feedback from all of you that you enjoy the gradual progression and it also helps individuals to stay motivated and on track.

When creating this continuation of BusyBee's Shape Up, we wanted to keep the core principles the same while providing a new workout programme which will see everyone who completed the first 8 weeks continue to progress and reach your goals.

When completing Shape Up Volume 2 you will notice there are a lot more advanced training techniques and styles involved which is something we wanted to include for progression throughout the guides. This helps to make the workouts harder and more intense, while teaching you the correct principles of each training style through gradual integration. Each training style and technique we use is explained thoroughly throughout this PDF file so if you don't understand any training styles or techniques used then please refer back to this PDF file!

# TRAINING STYLES / TECHNIQUES

## Drop Sets

Drop sets are a metabolite training method which will help with building muscle and burning calories. Where stated, once a full set is completed with desired reps, drop the weight by around 40% immediately and repeat the exercise again for the desired reps. For the guide the desired reps for each drop set is between 6-10 reps. You should try to reach the higher rep range, however if you can't, just try to increase reps in the following workout.

## Slow Negatives (Time - Under - Tension)

From a truly technical stand point, time under tension refers to the length of time a muscle is active (i.e. under tension) during an exercise. All repetitions using the Time Under Tension training method will have an extended eccentric (stretching of the muscle) duration of the movement. It is important to still control the weight when completing the slow eccentrics and to ensure the correct muscle is being used. For example, if the tempo for an exercise was 4010, that would represent a 4 second eccentric movement, followed by a 1 second concentric movement, which in turn would result in a 5 second rep. Therefore, a set of 10 repetitions would give a time under tension of 50 seconds. For all TUT exercises throughout this programme, a tempo of **4010** should be followed. Meaning that the eccentric part of the exercise should be slowed down to 4 seconds.

## Rest Pause Sets

Rest-pause training breaks down one set into several mini-sets, with a short rest between each.

Perform a set as you would with your given rep range. Set the weight down. Take 10 seconds of deep breaths, pick the weight back up, and rep to the next given rep range or to failure. Repeat as many times as indicated. For example 15/12/10 will be broken down into 15 reps, (10 second rest) 12 reps (10 second rest) & a final 10 reps. That is one set complete.

# TRAINING STYLES / TECHNIQUES

## Supersets

Performing two different exercises in succession, without rest in between. You may find that you will need to go slightly lighter on the second exercise in order to reach the given rep ranges. This training style will help increase intensity and provide a new stimulus to promote muscle growth and fat loss.

## Pyramid Sets

This is designed to help build both muscle and strength, with the manipulation of sets and reps. Firstly, start with a lighter weight and complete a high rep range, then, with each following set, increase the weight while decreasing the reps. It is extremely important to get the weight correct on the exercises using this training style, because you want to make the most out of each set and benefit from both sets of rep ranges. Don't be afraid to increase the weight.

## Static Holds

As this term implies, with static hold you perform the exercise and hold it in a fixed position at the end of the full range of motion for several seconds. Once held for a significant amount of time (3-5 seconds), return to the start of the movement and repeat.

# AB WORKOUTS & BOOTY BURNERS

## AB Workouts

We have included a new ab workout with the principle remaining the same as in BBSU1 - although we have created the workout with no equipment needed, so that it can be done at home during your rest day! Whether you decide to complete your ab workout at home or at the gym after your usual workout, try not to complete it the day before a leg day as you may struggle with your leg workout if you have sore abs, as a large portion of leg exercises are compound exercises using your core.

## Booty Burners/Activation

Booty burners are new to Shape Up Volume 2, which have been included to ensure that you get the most out of your lower sessions and really focus on progressing your glutes. If you are not interested in targeting your glutes more than other leg muscles then there is no need to carry these out at any point. When executing these booty burners all the exercises are designed to focus purely on your glutes, so please ensure you use perfect form. You can perform booty burners before a workout as glute activation or after a workout and use it to burn out your glutes.



# ADDITIONAL KEY POINTS

## Warm Up

Warming up before every session is very important. The main reason to complete a warm up is to avoid injury and to ensure you have the best workout possible. We recommend a light 5-10 mins of work on a cardio machine of your choice, followed by some dynamic stretches on the muscle group you are going to be working that day. Before every new exercise one warm up set is also recommended, using a lighter weight will help activate the muscle you are focusing on working. The point of a warm up is to also prepare the muscle and not fatigue it, so don't over work the muscle on the warm up set.

## Correct Form

Using the correct form and technique for each exercise is essential. The correct form will ensure that the targeted muscles are being worked and the workout is as effective as possible. Even under the tempo of 4010 expected, form must be perfect.

## Rest Time

There is no specific set rest period duration, take as much time as you need to recover to complete the next set well and for the designed reps. Longer rest times can be taken for compound movements (first couple of exercises in each workout), as long as you keep the workout intensity high the rest period is up to you.

# ADDITIONAL KEY POINTS

## Sets and Reps

All exercises require you to complete reps and sets. A quick explanation:  
Reps (repetitions)- this is how many times you are to complete the exercise in one go.

For example: Squat- 10 reps, would require you to squat 10 times.

Sets- this is how many times you are to complete the reps but with rest in-between each one (each set).

For example: Squats- 10 reps, 3 sets would require you to complete the 10 reps of squats 3 times. Take some sort of rest (as explained above) between each set.

**\*Please read all training notes before performing an exercise because a lot of the time the training notes will have some information regarding the sets and reps.\***

Throughout the workouts you will also notice that there have been significant changes to rep ranges, this is because during the first 8 weeks you have built a strong foundation on all the major key compound lifts. Now moving forward we can really start to push the intensity of on these exercises, which will include increase in rep ranges so please be sure to check and follow each workout accordingly.

# ADDITIONAL KEY POINTS

## Cardio

The cardio section is again for users who want to drop additional body fat with the aid of cardio or anyone wanting to improve their cardiovascular fitness. Cardio isn't essential to losing body fat, however, it helps with creating a calorie deficit which results in losing body fat. If your goal is to just build muscle and not lose body fat, then you will not need to include cardio into your training, however you may want to include cardio for other health benefits.

The same principles of cardio apply throughout this guide as the first. If you choose to add cardio then record your cardio via calories burned by each session. This is the best way to record cardio to ensure that you are being as accurate as possible. When tracking calories it is important to use the same tracking method, whether that is a FitBit or a tracker on the cardio machine that you are using. You can then gradually increase the amount of calories you burn throughout the week to continue to progress as you start to lose fat.

Depending on how you've finished the first BBSU guide will determine how you start this one with regards to cardio. As this guide has been created as a continuation, you can keep the same cardio as you have been doing previously. If you had a couple of weeks off before starting the second guide, take the first two weeks to build back up to the cardio sessions you finished off on from the first guide.

If your goal changes throughout the guide then just introduce/reduce cardio accordingly to help you reach your goal.

We want to reiterate the fact that cardio isn't essential for fat loss and is simply a tool that can work along side nutrition to help with fat loss.

# ADDITIONAL KEY POINTS

## Progression

With every workout, try to implement the progressive overload principle. You should be trying to progress your workout every time you attempt it. You can progress by adding more weight to the exercise (even the smallest of increments count), by adding reps or improving the form of the exercise. With the increasing of reps, we recommend that you build up to the end scale of the rep range. Once you hit the end of the rep range then increase the weight (this should see you hit the lower level of the rep range on the new weight and build back up to the top of the rep range and so on)! Make sure you maintain correct form. Although progressive overload is the objective, there is no point progressing if you can't sustain correct form of the movement. Progression plateaus will occur and some exercises will stall sooner than others, the key is not to be demotivated by this. We have included a workout tracker for you to complete after every session, so that you will be able to view your previous weeks reps and weights so that they can be increased when necessary! By the end you'll be surprised of how much you've progressed from the start of BBSU 1.

## Other ways to track progression

We would highly recommend taking photos to track your progress. Take a photo at the very start of your journey and then again at the end and compare the two! It is very difficult to see physical progress week on week but if you work hard and stick to good nutrition then progress will be made. Another way to track is simply how you feel within yourself. You will hopefully feel happier and fitter as you work your way through the guide. What we do NOT recommend is using weight as a measurement for progress. A lot of people say that they want 'weight' loss when what they really want is fat loss! This guide targets fat loss but since lean muscle is likely to be increased then your weight may not change at all or even increase! Fat loss along with increased lean muscle will lead to a slimmer more toned look but not necessarily a lighter weight on the scale!

## Rate of Perceived Exertion (RPE)

The RPE scale is used to measure the intensity of your exercise. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 (nothing at all) would be how you feel when sitting in a chair; 10 (maximal effort) is how it feels when you have no reps left on an exercise.

- Here's the scale that you should use:
- 10: Maximal Effort. No reps left in the tank.
- 9: Heavy Effort. Could have done one more rep.
- 8: Could have done two or three more reps.
- 7: Bar speed is "snappy" (even on last rep) if maximal force is applied.
- 6: Bar speed is "snappy" with moderate effort.
- 5: Most warm-up weights
- 4: Recovery; usually 20 plus rep sets; not hard but intended to flush the muscle

If the RPE system seems awkward at first, don't worry. You'll get used to it and be able to use it quickly. An easy way to gauge the RPE of a set is to ask yourself how many more reps you could've done with a particular weight. Here is where honesty is the absolute key!

We recommend that throughout the workout you should aim for between an RPE of 7-9, this will ensure that you get the most out of every single workout, exercise and set.

# THE WORKOUTS

The workouts are explained and laid out in the following pages. You have 1 x workout for each Lower A/B & Upper A/B session, along with 3 x Full Body HIIT Workouts. As explained above you should complete all the Lower A/B, Upper A/B and a Full Body HIIT workout once before re-starting the workout split. However when it comes down to the Full Body HIIT Workouts, you should pick 2/3 of the workouts to complete on each Full Body HIIT Workout training day. The volume 2 HIIT workouts are shorter to those in volume 1 and so you have time to pick at least 2 to complete on each Full Body HIIT training day. This will add variety along with increased benefits from each workout. You can mix and match the two sessions each week, however it is important to always try to improve on your HIIT workouts each week.

Within the second phase the workouts will change slightly however there will still remain 1 x workout for each Lower A/B & Upper A/B. The Full Body HIIT Workouts will also change so please make sure you are familiar with the workouts before you go into the gym to perform them. This way you are mentally prepared and ready to give it your all.

# WEEK 9-12

## LOWER A

Exercise selection	Sets	Reps	Training Notes
Barbell Back Squat	4	8-12	
Barbell Hip Thrusts	4	10-12	Static Hold
Dumbbell Walking Lunges	3	8-12	Reps per leg
Dumbbell Single Leg Romanian Deadlift	2	12-15	Drop set on final set
Cable Pullthrough	3	8-12	Slow negatives (TUT)

## UPPER A

Exercise selection	Sets	Reps	Training Notes
Pull Ups (Assisted)	3	8-12	Slow negatives (TUT)
Dumbbell Chest Supported Row	3	10-12	
Incline Barbell Bench Press	4	8-12	Drop set on final set
Dumbbell Seated Lateral Raise	2	15,10,12	Rest pause sets
Dumbbell Standing Overhead Tricep Extension	3	8-12	Drop set on final set
Dumbbell Hammer Curl	3	8-12	Drop set on final set

# WEEK 9-12

## LOWER B

Exercise selection	Sets	Reps	Training Notes
Sumo Deadlifts	5	8-12	
Leg Press	3	10-12	Drop set on final set
Dumbbell Bulgarian Split Squats	2	8-12	Slow negatives (TUT)
Dumbbell Romanian Deadlifts			
Cable Kickbacks	4	10-15	Superset
Dumbbell Calf Raise	3	8-12	

## UPPER B

Exercise selection	Sets	Reps	Training Notes
Wide Grip Lat Pulldown	3	8-12	
Dumbbell Incline Chest Press	3	10-12	
Dumbbell Incline Chest Flye			Superset
Barbell Bent Over Row	3	10-12	
Dumbbell Seated Lateral Raise	3	10-15	Slow negatives (TUT)
Dumbbell Standing Overhead Tricep Extension	3		Drop set on final 2 sets
Dumbbell Hammer Curl	3	8-12	Drop set on final 2 sets

# WEEK 9-12

## HIIT WORKOUT - CARDIO BASED

Pick your choice of cardio machine | Warm up and work upto a high intensity | Work for 20 seconds of very high intensity & then 40 seconds of no/low intensity work | Repeat for 10 minutes

Exercise selection	Time	Reps	Training Notes
Treadmill	10 mintues	20 seconds on & 40 seconds off	Start with a 5 minute warm up. 10 mintues interval sprints.

## HIIT WORKOUT - CIRCUIT BASED

Complete all exercises back to back | Starting with 10 reps and working down the rep brackets to 2 reps AND then back up to 10 | NO rest untill finished second 10 rep round | Repeat for 5 x

Exercise selection	Rounds	Reps	Training Notes
Burpee	5	10,8,6,4,2,4,6,8,10	Refer to exercise catalogue
Pushup	5	10,8,6,4,2,4,6,8,10	Refer to exercise catalogue
Sit up	5	10,8,6,4,2,4,6,8,10	Refer to exercise catalogue

Example: burpee 10 reps, into pushup 10 reps, into sit up 10 reps, into burpee 8 reps into push up 8 reps into set ups 8 reps... all the way down to 2 reps and then back up again!

# WEEK 9-12

## HIIT WORKOUT - TIME BASED

5 Burpees on every minute | The time you have left after the 5th burpee and the next minute, you complete as many thrusters as possible with a set of dumbbells | Repeat until you reach 200 thrusters total

Exercise selection	Sets	Reps	Training Notes
Burpees		5	
Thrusters		AMRAP	(As many reps as possible)

detailed explanation: start the timer, do 5 burpees then use the remaining time until the timer reaches 1 minute to do as many thrusters as possible (don't forget to count how many you've done!). When the timer reaches a minute do 5 more burpees and keep repeating until you've done 200 thrusters in total

# WEEK 13-16 PHASE TWO

## LOWER A

Exercise selection	Sets	Reps	Training Notes
Barbell Back Squat	4	15/12/10/6	Pyramid sets
Barbell Hip Thrusts	4	6-10	Static Hold
Dumbbell Walking Lunges	3	10-12	Reps per leg
Dumbbell Single Leg Romanian Deadlift	3	10-12	Drop set on final 2 sets
Dumbbell Curtsy Lunges	3	12-15	Superset
Sissy Squats			

## UPPER A

Exercise selection	Sets	Reps	Training Notes
Wide Grip Lat Pulldown	3	8-12	
Dumbbell Incline Chest Press	3	10-12	
Dumbbell Incline Chest Flye			Superset
Barbell Bent Over Row	3	10-12	
Dumbbell Seated Lateral Raise	3	10-15	Slow negatives (TUT)
Dumbbell Standing Overhead Tricep Extension	3	8-12	Drop set on final 2 sets
Dumbbell Hammer Curl	3	8-12	Drop set on final 2 sets

# WEEK 13-16 PHASE TWO

## LOWER B

Exercise selection	Sets	Reps	Training Notes
Sumo Deadlifts	5	5-8	
Barbell Romanian Deadlifts	4	8-12	Slow negatives (TUT)
Dumbbell Deficit Split Bulgarian Split Squats	3	8-10	Reps per leg
Smith Machine Hack Squat	2	15-20	Sissy squat alternative
Single Leg Lying Hamstring Curl	3	15,12,10	Rest pause set
Leg Press Calf Press	3	10-15	

## UPPER B

Exercise selection	Sets	Reps	Training Notes
Smith Machine Flat Chest Press	3	8-10	BB/DB alternatives
Dumbbell Flat Chest Flye	2	10-15	
Neutral Grip Lat Pulldown	4	8-12	Slow negatives (TUT)
Barbell Upright Row	3	10-12	Drop set on final set
Dumbbell Seated Incline Bicep Curl	3	10-15	Drop set on final set
Tricep Rope Extension	3	15,12,10	Rest pause sets

# WEEK 13-16 PHASE TWO

## HIIT WORKOUT - CARDIO BASED

Pick your choice of cardio machine | Warm up and work upto a high intensity | Work for 30 seconds of very high intensity & then 30 seconds of no/low intensity work | Repeat for \* minutes

Exercise selection	Time	Reps	Training Notes
Treadmill	15 mintues	30 seconds on & 30 seconds off	Start with a 5 minute warm up. 10 mintues interval sprints.

## HIIT WORKOUT - CIRCUIT BASED

A total of 5 circuits, with 2 exercises per circuit | Repeat first exercise A1 as many times as possible within 30 seconds then move straight into the second movement

A2 for another 30 seconds of hard work | Then a 10 second rest | Repeat the circuit 5 times and move onto next circuit (B1B2) | With a 60 second rest after each completion of a circuit | After the completion of every circuit 5 times you are done.

Exercise selection	Rounds	Reps	Training Notes	Rest Time
A1) Running on spot	5			10 seconds
A2) Jumping Jacks	5			10 seconds
B1) Jumping Squats	5			10 seconds
B2) Plank	5			10 seconds
C1) Push Ups	5			10 seconds
C2) Mountain Climbers	5			10 seconds
D1) Burpees	5			10 seconds
D2) Courtney Lunges	5			10 seconds
E1) Plank Thrusts	5			10 seconds
E2) Wide Squats	5			10 seconds

# WEEK 13-16 PHASE TWO

## HIIT WORKOUT - TIME BASED

Complete all exercises with no rest | want to finish as fast as possible | 2 minute rest between each round.

(This HIIT workout requires a rower, however if you gym doesn't have a rower you can use a different piece of cardio equipment and adjust the distance accordingly to reach a high intensity. Where it says 100kcals in the reps margin, that indicates that you need to burn 100 kcals before moving onto the next exercise. You want to be aiming to burn your 100 kcals within 3-5 minutes max.)

Exercise selection	Rounds	Reps	Training Notes	Rest Time
500 metre row	2	100 kcals		
Crunches	2	20		
Jumping Squats	2	15		
Push Ups	2	10		
Burpees	2	5		

# WEEK 9-16

## BOOTY ACTIVATION/BURNER

Exercise selection	Sets	Reps	Training Notes
Cable Kickbacks	3	15	
Cable Pull Throughs	3	15	
Cable Squats	3	15	

## BOOTY ACTIVATION/BURNER

Exercise selection	Sets	Reps	Training Notes
Glute Bridge	3	20	Banded if possible
Side Lying Hip abductions	3	20	
Foot Elevated Glute Bridge	3	20	
Frog Pumps	3	20	

# WEEK 9-16

## ABS

Exercise selection	Sets	Reps	Training Notes
Decline Bench Leg Raise	4	15	
Mountain Climbers	4	15	
Plank	4	Max Hold	