## RUSSWOLE POWEREULDING PROGRAM VOL. 3

		WE	EK 1		WE	EK 2		WE	EK 3		WE	EK 4		WE	EK 5		WEE	K 6		WE	EK 7		WE	EK 8
			X2 75% OF YOUR 1RM		PAUSE SQUAT 1X2			SQUAT 1X1			SQUAT 1X1	87.5% OF YOUR 1RM			80% OF YOUR 1RM		SQUAT 4X3			SQUAT 4X2			SQUAT 1X1	
DA	V 1		15% OF TOOK ING			77.5% OF TOOK IICA			DAG TOURTION			U.S. Or TOOK HOL												
		SQUAT 3X6	72.5% OF YOUR 1RM			75% OF YOUR 1RM		SQUAT 3X8	75% OF YOUR 1RM		SQUAT 3X8	75-77.5% OF YOUR 1RM		N/A	N/A			N/A		N/A	N/A		N/A	N/A
		DB RDL LEG PRESS	4X12 4X10		LEG PRESS			DB RDL LEG PRESS	4X12 4X10		LEG PRESS			ROMAINIAN DEADLIF	3X10		HAMSTRING CURL DB RDL	1XFAILURE 4X10		ROMAINIAN DEADLIFT			HAMSTRING CURL	1XFAILURE 4X10
		LEG PRESS		-	LEG EXTENSIONS HAMSTRING CURLS			LEG PRESS LEG EXTENSIONS			LEG EXTENSIONS HAMSTRING CURLS			HAMSTRING CURLS DB RDLS	3X12 4X10		GOBLET SQUATS			HAMSTRING CURLS DB RDLS	3X12 4X10		GOBLET SQUATS	
		HAMSTRING CURLS		1	DB ROMANIAN DL			HAMSTRING CURLS			DB ROMANIAN DL			LEG EXTENSIONS			WEIGHTED STEP UPS			LEG EXTENSIONS		1	WEIGHTED STEP UPS	
		GOBLET SQUATS	4X8	1	HACK SQUATS			GOBLET SQUATS			HACK SQUATS			WEIGHTED LUNGES	5X1AILORE		CALF RAISES				5X1ALCORE 5X10		CALF RAISES	
		CALF RAISES			CALF RAISES			CALF RAISES			CALF RAISES			CALF RAISES			OVER TOROLO	0,120		CALF RAISES			O'ALI TOMOLO	UNEO
DA	V <b>7</b>																							
DA	YZ	BENCH 1X1	87.5% OF YOUR 1RM		BENCH 1X1	87.5%-92.5% OF 1RM		BENCH 1X1	85% OF YOUR 1RM		BENCH 1X1	85% OF YOUR 1RM		BENCH 1X1	87.5% OF 1RM		BENCH 1X1	90% OF 1RM		BENCH 4X2	85-92.5% OF 1RM		BENCH 1X1	MAX OUT
		BENCH 3X6	72.5% OF YOUR 1RM	1		75% OF 1RM			75% OF YOUR 1RM		BENCH 3X8	75-77.5% OF 1RM			77.5% OF 1RM			85% OF 1RM		CLOSE GRIP BENCH 3X7	60% OF 1RM		CLOSE GRIP BENCH 3XE	45% OF 1RM
	(PYRAMID SET)	INCLINE DB BEN	CH 4 SETS	(SUPERSET)	DB FLOOR PRESS	4X10	(PYRAMID SETS)	INCLINE DB BENCH	4 SETS	(SUPERSET	DB FLOOR PRESS	4X10	(PYRAMID SETS	BB INCLINE BENCI		(PYRAMID SETS)	ARNOLD PRESS	4 SETS		BB INCLINE BENCH	4 SETS	(PYRAMID SETS)	ARNOLD PRESS	
	(FAILURE)	CABLE CROSSOVE			DB LATERAL RAISES		(FAILURE)	CABLE CROSSOVER			DB LATERAL RAISES	4X12	(SUPERSET	STANDING OHP		(TRISET)	DB FRONTAL RAISES		(SUPERSET)	STANDING OHP			DB FRONTAL RAISES	
	(PYRAMID SET)			(PYRAMID SET)			(PYRAMID SET)		3X12	(PYRAMID SET)				DB LATERAL RAISES			DB LATERAL RAISES			DB LATERAL RAISES			DB LATERAL RAISES	
		DB LATERAL RAISE			ARNOLD PRESS			DB LATERAL RAISES			ARNOLD PRESS			WEIGHTED PUSHUPS			FACEPULLS			WEIGHTED PUSHUPS				
	(FAILURE)	BENT OVER REAR DELT FL	y 3 SETS		FACE PULLS	4X12	(FAILURE)	BENT OVER REAR DELT FLY	3 SETS		FACE PULLS	4X12		45LB PLATE RAISES	3X15	(FAILURE)	CABLE UPRIGHT ROW	2 SETS		45LB PLATE RAISES	3X15	(FAILURE)	CABLE UPRIGHT ROW	2 SETS
DA	V Z																							
		DEADLIFT 1X	1 87.5% OF YOUR 1RM		DEADLIFT 1X1	87.5% OF 1RM		DEADLIFT 1X1	90% OF 1RM		DEADLIFT 1X1	87.5-90% OF 1RM		DEADLIFT 1X1	87.5% OF 1RM		DEADLIFT 1X1	90% OF 1RM		DEADLIFT 4X2	90% OF 1RM		DEADLIFT 1X1	1 MAX OUT
			7 70% OF YOUR 1RM		DEADLIFT 3X6	70-75% OF 1RM		DEADLIFT 3X6	70-75% OF YOUR 1RM		DEADLIFT 4X5	77.5-80% OF YOUR 1 RM		DEADLIFT 4X4	82.5-85% OF 1RM		DEADLIFT 4X3	82-85% OF 1RM		SEATED CABLE ROW	4X12		DEFICIT DEADLIFT 2X6	50% OF 1RM
	(BODYWEIGHT)	INVERTED ROV	V 4X12-15	(PYRAMID SET	BARBELL ROW	4 SETS	(BODYWEIGHT)	INVERTED ROW	4X12-15	(PYRAMID SET	BARBELL ROV	4 SETS		SEATED CABLE ROW			WIDE GRIP PULLDOWNS			1 ARM PULLDOWNS	3X8		WIDE GRIP PULLDOWNS	as 4X12
		UNDERHAND BB RO			LAT PULLDOWNS			UNDERHAND BB ROW			LAT PULLDOWNS			1 ARM PULLDOWNS			HIGH ROW MACHINE			DB PULLOVERS			HIGH ROW MACHINE	
		SEATED CABLE RO		(FAILURE	INCLINE DB ROW			SEATED CABLE ROW		(FAILURE	) INCLINE DB ROW			DB PULLOVERS			V-BAR PULLDOWNS			V-BAR PULLUP			V-BAR PULLDOWNS	
		SINGLE ARM PULLDOV			UNDER HAND LAT PULLDOWS	3X12		SINGLE ARM PULLDOWN				N 3X12		V-BAR PULLUF			STRT BAR PULLOVER	4X8		INCLINE DB ROW	3X12		STRT BAR PULLOVER	ER 4X8
	(FAILURE)	V-BAR PULLDOW	N 2 SETS		ROPE PULLOVER	3X15	(FAILURE)	V-BAR PULLDOWN	2 SETS		ROPE PULLOVER	3X15		INCLINE DB ROW	3X12									
	77.7			1																				
DA	<b>Y</b> 4																							
DA	Y 4	BENCH 3X4	75-80% OF YOUR 1RM			77.5% OF YOUR 1RM		BENCH 3X5	77.5% OF YOUR 1RM		BENCH 4X5	75-77.5% OF 1RM		BENCH 4X5	70% OF 1RM			70% OF 1RM			70% OF 1RM		BENCH 4X5	
DA		CLOSE GRIP BENCH S	xs 55% OF 1RM	(TRUSET)(NORMAL REPS	STRAIGHT BAR CURLS	3X7		CLOSE GRIP BENCH 3X8	50% OF YOUR 1RM		STRAIGHT BAR CURLS	3X7	(FAILURE	STRAIGHT BAR EXT	1 SET	(FAILURE)	STRAIGHT BAR CABLE CURL	1 SET	(FAILURE)	STRAIGHT BAR EXT	1 SET	(FAILURE)	STRAIGHT BAR CABLE CURL	1 SET
DA	Y 4	CLOSE GRIP BENCH S	xs 55% OF 1RM 4X10	(HALF REPS AT BOTTON	STRAIGHT BAR CURLS	3X7 3X7	(TRISET)	CLOSE GRIP BENCH 3X8 STRAIGHT BAR CURLS	50% OF YOUR 1RM 4X10	(HALF REPS AT BOTTOM	STRAIGHT BAR CURLS	3X7 3X7		STRAIGHT BAR EXT	1 SET 4X12	(FAILURE)	STRAIGHT BAR CABLE CURL ALT DB CURLS	1 SET 4X12		STRAIGHT BAR EXT	1 SET 4X12	(FAILURE) (PYRAMID SET)	STRAIGHT BAR CABLE CURL ALT DB CURLS	1 SET 4X12
DA		CLOSE GRIP BENCH X  STRAIGHT BAR CURLS  SKULL CRUSHER	xs 55% OF 1RM ; 4X10 RS 4X10	(HALF REPS AT BOTTON (HALF REPS AT TOP)	STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR CURLS	3X7 3X7 3X7	(TRISET)	CLOSE GRIP BENCH 3X8 STRAIGHT BAR CURLS SKULL CRUSHERS	50% OF YOUR 1RM 4X10 4X10	(HALF REPS AT BOTTOM	STRAIGHT BAR CURLS  M) STRAIGHT BAR CURLS  STRAIGHT BAR CURLS	3X7 3X7 3X7	(PYRAMID SETS	STRAIGHT BAR EXT INCLINE 62 BAR SKULLORUS STRAIGHT BAR CURLS	1 SET 4X12 4 SETS	(FAILURE)	STRAIGHT BAR CABLE CURL ALT DB CURLS WEIGHT BENCH DIPS	1 SET 4X12 4X15	(PYRAMID SETS)	STRAIGHT BAR EXT	1 SET 4X12 4 SETS		STRAIGHT SAR CASLE CLIRL ALT DB CURLS WEIGHT BENCH DIPS	1 SET 4X12 28 4X15
DA	(TRISET)	CLOSE GRIP BENCH S  STRAIGHT BAR CURLS  SKULL CRUSHER  ALTERNATE DB CURLS	55% OF 1RM 4X10 8S 4X10 4X10	(HALF REPS AT BOTTON	STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR TRI EXT	3X7 3X7 3X7 4 SETS	, ,	CLOSE GRIP BENCH 3X8 STRAIGHT BAR CURLS SKULL CRUSHERS ALTERNATE DB CURLS	50% OF YOUR 1RM 4X10 4X10 4X10	(HALF REPS AT BOTTOM	STRAIGHT BAR CURLS  STRAIGHT BAR CURLS  STRAIGHT BAR CURLS  STRAIGHT BAR TRI EXT	3X7 3X7 3X7 4 SETS	(PYRAMID SETS	STRAIGHT BAR EXT	1 SET 4X12 4 SETS 4X10	(FAILURE) (PYRAMID SET)	ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS	1 SET 4X12 4X15 3X12	(PYRAMID SETS)	STRAIGHT BAR EXT INCLINE 52 BAR SKULLCRUSH STRAIGHT BAR CURLS TATE PRESS	1 SET 4X12 4 SETS 4X10		STRAIGHT BAR CABLE CLIRL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS	1 SET 4X12 25 4X15 .S 3X12
DA		CLOSE GRIP BENCH X  ) STRAIGHT BAR CURLS  SKULL CRUSHER  ALTERNATE DB CURLS  OVERHEAD DE EXTENSION	55% OF 1RM 4X10 28 4X10 4X10 4X10 4 4X10	(HALF REPS AT BOTTON (HALF REPS AT TOP)	STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR TRI EXT 1 ARM CABLE TRI EXT	3X7 3X7 3X7 4 SETS 3X8	(TRISET)	CLOSE GRIP BENCH 3X8 STRAIGHT BAR CURLS SKULL CRUSHERS ALTERNATE DB CURLS OVERHEAD DB EXTENSIONS	50% OF YOUR 1RM 4X10 4X10 4X10 4X10 4 SETS	(HALF REPS AT BOTTOM	STRAIGHT BAR CURLS  STRAIGHT BAR CURLS  STRAIGHT BAR CURLS  STRAIGHT BAR TRI EXT  1 ARM CABLE TRI EXT	3X7 3X7 3X7 4 SETS 3X8	(PYRAMID SETS	STRAIGHT BAR EXT INCLINE EZ BAR SKULLONIS STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS	1 SET 4X12 4 SETS 4X10 4X10	(FAILURE) (PYRAMID SET)	ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS	1 SET 4X12 4X15 3X12 3XFAILURE	(PYRAMID SETS)	STRAIGHT BAR EXT WOINE EZ BAR SKILLORUSH STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS	1 SET 4X12 4 SETS 4X10 4X10		STRAIGHT BAR CABLE CURL  ALT DB CURLS  WEIGHT BENCH DIPS  SPIDER CURLS  DIAMOND PUSHUPS	1 SET 4X12 28 4X15 S 3X12 3 3XFAILURE
DA	(TRISET)	CLOSE GRIP BENCH S:  STRAIGHT BAR CURLS  SKULL CRUSHER ALTERNATE DE CURLS  OVERHEAD DE EXTENSION  ROPE CURLS	55% OF 1RM 4X10 8S 4X10 4X10	(HALF REPS AT BOTTON (HALF REPS AT TOP)	STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR TRI EXT	3X7 3X7 3X7 4 SETS 3X8 4X12	, ,	CLOSE GRUP BENCH 3X8 STRAIGHT BAR CURLS SKULL CRUSHERS ALTERNATE DB CURLS OVERHEAD DB EXTENSIONS ROPE CURLS	50% OF YOUR 1RM 4X10 4X10 4X10	(HALF REPS AT BOTTOM	STRAIGHT BAR CURLS  STRAIGHT BAR CURLS  STRAIGHT BAR CURLS  STRAIGHT BAR TRI EXT	3X7 3X7 3X7 4 SETS 3X8 4X12	(PYRAMID SETS	STRAIGHT BAR EXT	1 SET 4X12 4 SETS 4X10	(FAILURE) (PYRAMID SET)	ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS	1 SET 4X12 4X15 3X12 3XFAILURE	(PYRAMID SETS)	STRAIGHT BAR EXT WOINE EZ BAR SKILLORUSH STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS	1 SET 4X12 4 SETS 4X10		STRAIGHT BAR CABLE CURL  ALT DB CURLS  WEIGHT BENCH DIPS  SPIDER CURLS  DIAMOND PUSHUPS	4X12 s 4X15 S 3X12
	(TRISET)	CLOSE GRIP BENCH S:  STRAIGHT BAR CURLS  SKULL CRUSHER ALTERNATE DE CURLS  OVERHEAD DE EXTENSION  ROPE CURLS	55% OF 1RM 4X10 4X10 4X10 4X10 4X10 4X10 4X10 4X10	(HALF REPS AT BOTTON (HALF REPS AT TOP) (PYRAMID SET	STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR TRI EXT 1 ARM CABLE TRI EXT ALT DB INCLINE CURLS	3X7 3X7 3X7 4 SETS 3X8 4X12	(PYRAMID SET)	CLOSE GRUP BENCH 3X8 STRAIGHT BAR CURLS SKULL CRUSHERS ALTERNATE DB CURLS OVERHEAD DB EXTENSIONS ROPE CURLS	50% OF YOUR 1RM 4X10 4X10 4X10 4X10 4 SETS 4X8	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	S) STRAIGHT BAR CURLS  M) STRAIGHT BAR CURLS  STRAIGHT BAR TRIEXT  1 ARM CABLE TRIEXT  ALT DB INCLINE CURLS	3X7 3X7 3X7 4 SETS 3X8 4X12	(PYRAMID SETS	STRAIGHT BAR EXT INCLINE EZ BAR SKULLONIS STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS	1 SET 4X12 4 SETS 4X10 4X10	(FAILURE)	ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS	1 SET 4X12 4X15 3X12 3XFAILURE	(PYRAMID SETS)	STRAIGHT BAR EXT WOINE EZ BAR SKILLORUSH STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS	1 SET 4X12 4 SETS 4X10 4X10		STRAIGHT BAR CABLE CURL  ALT DB CURLS  WEIGHT BENCH DIPS  SPIDER CURLS  DIAMOND PUSHUPS	1 SET 4X12 98 4X15 S 3X12 3 3XFAILURE
DA	(TRISET)	CLOSE GRIP BENCH X  STRAIGHT BAR CURLS SKULL CRUSHER ALTERNATE DE CURLS OVERHALD DE LITTUREN ROPE CURLS  STRAIGHT BAR PUSHSONE	xx 55% OF 1RM 4X10 4X10 4X10 4X10 4X10 4X10 4X10 4X10	(HALF REPS AT BOTTON (HALF REPS AT TOP) (PYRAMID SET	STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR TRI EXT 1 ARM CABLE THE EXT ALT DB INCLINE CURLS REVERSE GRIP TRI EXT	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS	(PYRAMID SET)	CLOSE GRIP BENCH 336 STRAIGHT BAR CURLS SKULL CRUSHERS ALTERNATE DB CURLS OCIOSERD DB CUTENBONS ROPE CURLS STRAIGHT BAR PUSHDOWNG	50% OF YOUR 1RM 4X10 4X10 4X10 4X10 4 SETS 4X8 2 SETS	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	S) STRAIGHT BAR CURLS  A) STRAIGHT BAR CURLS  STRAIGHT BAR CURLS  STRAIGHT BAR THE EXT  1. ARM CABLE TRI EXT  ALT DB INCLINE CURLS  REVERSE GRUP TRI EXT	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS	(PYRAMID SETS	STRAIGHT BAR EXT INCLINE EZ BAR SIGILLORIS STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS	1 SET 4X12 4 SETS 4X10 4X10 3X10	(FAILURE) (PYRAMID SET)	STRUCKT BAY CABLE CUPL. ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE	(PYRAMID SETS)	STRAIGHT BAR EXT INCLING ST DAYS SHELL CRUSH STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS	1 SET 4X12 4 SETS 4X10 4X10 3X10	(PYRAMID SET)	STRAGAT BAR CABLE CURL. ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS	1 SET 4X12 28 4X15 3 3X12 5 3XFAILURE 6 3XFAILURE
	(TRISET)	CLOSE GRIP BENCH X  STRAIGHT BAR CURLS  SKULL CRUSHER ALTERNATE DIS CURLS  OVERHOLD OR DICTIONO  ROPE CURLS  STRAIGHT BAR PUSHCOM  SQUAT 3X5	xx 55% OF 1RM 4X10 4X10 5 4X10 5 4X10 5 4X10 5 4X8 5 4X8 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	(HALF REPS AT BOTTON (HALF REPS AT TOP) (PYRAMID SET	STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR TRIEXT 1 ARM CABLE TRIEXT ALT OB NICIRE CURLS REVERSE GRIP THIEXT SQUAT 3X5	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS 72.5% OF YOUR 1RM	(PYRAMID SET)	CLOSE GRUP BENCH 338 STRANGHT BAR CURLS SKULL CRUSHERS ALTERNATE DR CURLS OCISIONALD DR CYTERISONS ROPE CURLS STRANGHT BAR PUSHCOOMS SQUAT 4X5	50% OF YOUR 1RM 4X10 4X10 4X10 4X10 4 SETS 4X8 2 SETS	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	B STRANGHT BAR CURLS IS STRANGHT BAR CURLS STRANGHT BAR CURLS STRANGHT BAR THE EXT 1 ARM CARLE TRE EXT AT DE INCLINE CURLS REVERSE GRIP TRE EXT	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS	(PYRAMID SETS	STRAIGHT BAR EXT INCLINE CZEAR SKULLORIAG STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X6	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM	(FAILURE) (PYRAMID SET)	STREAM THE CURL S ALT DE CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS SQUAT 3X5	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 72.5% OF 1RM	(PYRAMID SETS)	STRAIGHT BAR EXT NOLINE CZ SANS SIGULOSIJAN STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X3	1 SET 4X12 4 SETS 4X10 4X10 4X10 3X10 70% OF 1RM	(PYRAMID SET)	STRAGHT ANY CABLE CURL. ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS	1 SET 4X12 4X15 S 3X12 3 3XFAILURE 8 3XFAILURE
	(TRISET)	CLOSE GREP BENCH X  STRAIGHT BAR CURLS SKULL CRUSHER ALTERNATE DR CURLS ALTERNATE DR CURLS CORRESPONDED CRUTHSON ROPE CURLS STRAIGHT BAR PUSHCOM  SQUAT 3X5  DUMBBELL LUNGEI	55% OF 1RM  4X10  4X10  4X10  4X10  4X10  4X10  4X10  2X10  4X10  4X10  4X10  4X10  5X10	(HALF REPS AT BOTTON (HALF REPS AT TOP) (PYRAMID SET	STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR CURLS STRAIGHT BAR THE EXT 1 ARM CABLE THE EXT 1 ARM CABLE THE EXT SCHULD CURLS REVERSE GRIP THE EXT SQUAT 3X5 DB RDL	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS 72.5% OF YOUR 1RM 4X12	(PYRAMID SET)	CLOSE CRUP BENCH 336 STRAUGHT BAR CURLS SKULL CRUSHERS ALTERNATE DE CURLS OCCOMUNATE DE CURLS STRAUGHT BAR PURINCOMMS SQUAT 4X5 DUMBBELL LUNGES	50% OF YOUR 1RM 4X10 4X10 4X10 4X10 4X10 4 SETS 4X8 2 SETS 75% OF YOUR 1RM 4X12	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	DISTRACENT BAR CURLS  MI STRACENT BAR CURLS  MI STRACENT BAR CURLS  MI STRACENT BAR CURLS  STRACENT BAR THE EXT  1 ARM CABLE TRE EXT  A TO BINCLINE CURLS  REVERSE GRIP TRE EXT  SQUAT 4X5  DB RDL	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS 75% OF YOUR 1RM 4X12	(PYRAMID SETS	STRAIGHT BAR EXT INCLINE CE BAR BHALLORAG STRAIGHT BAR CURLS. TATE PRESS ALT DB CURLS. ROPE HAMMER CURLS. SQUAT 3X6 LEG EXTENSIONS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE	(FAILURE) (PYRAMID SET)	STREAM THE CURL S ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS SQUAT 3X5 ROMANIAN DEADLET	1 SET 4X12 4X15 3X15 3XFAILURE 3XFAILURE 72.5% OF 1RM 3X10	(PYRAMID SETS)	STRAIGHT BAR EXT RICIAG 22 6A9 SHILLORUSH STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X3 LEG EXTENSIONS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE	(PYRAMID SET)	STRAGAT BAN CABLE CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V.BAR PUSHDOWNS  NI/A ROMANIAN DEADLIFT	1 SET 4X12 53 4X15 53 3X12 53 3XFAILURE 53 3XFAILURE N/A FT 3X10
	(TRISET)	CLOSE GREP BEINCH X  STRAIGHT BAR CURLS  SKULL CRUSHER ALTERNATE OB CURS  TOVERHAGE OB EXTENSION  ROPE CURLS  STRAIGHT BAR PUSICOM  STRAIGHT BAR PUSICOM  STRAIGHT BAR PUSICOM  SQUAT 3X5  DUMBBELL LUNGER  ROMANIAN DEADLI	202 55% OF 1RM  1 4X10  258 4X10  25 4X10  26 4 SETS  4 XSB  4 SETS  4 XSB  2 SETS  7 2.5% OF YOU 1RM  2 4 XI2  2 FF 4 XB	(HALF REPS AT BOTTON (HALF REPS AT TOP) (PYRAMID SET	STRAGHT BAR CURLS STRAGHT BAR CURLS STRAGHT BAR CURLS STRAGHT BAR TURS 1 AAM CARLE TRE EXT ALT DE NICLINE CURLS REVERSE GRIP THE EXT SQUAT 3X5 DB RDL LEG PRESS	3X7 3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS  72.5% OF YOUR 1RM 4X12 4X10	(PYRAMID SET)	CLOSE GRUP BENCH 336 STRAUGHT BAR CURE. SKULL CRUSHERS SKULL CRUSHERS ALTERNATE DE CURES. STRAUGHT BAR PURICOWNS STRAUGHT BAR PURICOWNS SQUAT 4X5 SQUAT 4X5 ROMANIAN DEADLET ROMANIAN DEADLET	50% OF YOUR 1RM 4X10 4X10 4X10 4X10 4 SETS 4X8 2 SETS 75% OF YOUR 1RM 4X12 4X8	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	IS STRANGET BAR CURLS  IS TRANGET BAR CURLS  IS STRANGET BAR CURLS  IS TRANGET BAR THE LOT  I AREA CARRE THE EXT  ALT DO INCLINE CURLS  REVERSE GRIP THE EXT  SQUAT 4X5  DB RDL  LEG PRESS	3X7 3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS  75% OF YOUR 1RM 4X12 4X10	(PYRAMID SETS	STRAIGHT BAR EXT INCINE CTAMP BRAIL ORGE STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X6 LEG EXTENSIONS LEG PRESS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE 4X10	(FAILURE)	STWINGT BAY CABLE CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DAMCOND PUSHUPS V.BAR PUSHDOWNS SQUAT 3X5 ROMANIAN DEADLET DUMBSELL LUNGES	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 72.5% OF 1RM 3X10 4X12	(PYRAMID SETS)	STRAIGHT BAR EXT NOTIFE TO HAR SHALL COURS STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X3 LEG EXTENSIONS LEG PRESS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE 4X10	(PYRAMID SET)	STRAGHT SHICKLE CURL  ALT DB CURLS  WEIGHT BENCH DIPS  SPIDER CURLS  DIAMOND PUSHUPS  V.BAR PUSHDOWNS  N/A  ROMANIAN DEADLIFT  DUMBBELL LUNGES	1 SET 4X12 4X15 5 3X75 3 3XFAILURE  N/A FF 3X10 5 4X12
	(TRISET)	CLOSE GREP BENOT X  STRAIGHT BAR CURLS SKULL CRUSHER A TERNATE DIS CURLS OVERSHEE DE STREED OVERSHEE DE STREED STRAIGHT BAR PUSICOM  SQUAT 3X5  DUMBBEL LUNCE! ROMANIAN DEACH LEG EXTENSION HOLE	25% OF 1RM 2 4X10 2 4X10 3 4X10 3 4X10 3 4X10 4 4 SETS 4 4X8 4 2 SETS 4 2 SETS  72.5% OF YOU 1RM 5 4X12 72.5% OF YOU 1RM 5 4X12 5 4X8	(HALF REPS AT BOTTON (HALF REPS AT TOP) (PYRAMID SET	STRAGHT BAR CURLS STRAGHT BAR CURLS STRAGHT BAR CURLS STRAGHT BAR CURLS STRAGHT BAR THE EXT ALT DB NICLINE CURLS REVERSE GRAP THE EXT SQUAT 3X5 DB RDL LEG PRESS LEG EXTENSIONS LEG EXTENSIONS	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS  72.5% OF YOUR 1RM 4X12 4X10 3X15	(PYRAMID SET)	CLOSE GRUP BENCH 338 STRAIGHT BAR CURLS SKULL CRUSHERS ALTERNATE DE CURLS COMESSAGO DE CETEMBRIS ROPE CURLS STRAIGHT BAR PURPOONNE  SQUAT 4X5 DUMBBELL LUNGES ROMANIAN DEADLET LEG EXTENSION HOLDS	50% OF YOUR 1RM 4X10 4X10 4X10 4X10 4X SETS 4X8 2 SETS 75% OF YOUR 1RM 4X12 4X8 4X8	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	STRANCHT BAR CURLS STRANCHT BAR CURLS STRANCHT BAR CURLS STRANCHT BAR TO EX- STRANCHT BAR TO EX- AL TOB INCLINE TO EX- AL TOB INCLINE CURLS REVERSE GRIP TRI EX- SQUAT 4X5 DB RDL LEG PRESS LEG EXTENSIONS	3X7 3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS 75% OF YOUR 1RM 4X12 4X10 3X15	(PYRAMID SETS	STRAIGHT BAR EXT NC.INE CT BAR SHALLONG STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X6 LEG EXTENSIONS LEG PRESS DB RDLS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE 4X10 4X8	(FAILURE) (PYRAMID SET)	STRUCKT BAY CALL CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS  SQUAT 3X5 ROMANIAN DEADLET DUMBBELL LUNGES HAMSTRING CURLS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 72.5% OF 1RM 3X10 4X12 3X15	(PYRAMID SETS)	STRAIGHT BAR EXT NO.RE CT UNE SHALL COMES STRAIGHT BAR CURLS STRAIGHT BAR CURLS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X3 LEG EXTENSIONS LEG PRESS DB RDLS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE 4X10 4X8	(PYRAMID SET)	STRAGAT BAR CABLE CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS  N/A ROMANIAN DEADLET DUMBBELL LUNGES HAMSTRING CURLS	1 SET 4X12 28 4X15 3 3X74 3 3XFAILURE 5 3XFAILURE NIA NIA 1 3X10 5 4X12 5 3X15
	(TRISET)	CLOSE GREP BENCH X  STRANGHT BAR CURLS  SKULL CRUSHER  ALTERNATE DIS CURLS  OVERHAD DIS EXTENDED  ROPE CURLS  STRANGHT BAR PUSICION  SQUAT 3X5  DUMBBELL LUNGET  ROMANIAN DEACH  WEIGHTED STEP UPS	25% OF 1RM 24X10 25 4X10 26 4X10 26 4X10 26 4X10 26 4 SETS 272.5% OF YOU 1RM 272.5% OF YOU 1RM 28 4X12 29 4X8 29 4X8 20 4X8	(HALF REPS AT BOTTON (HALF REPS AT TOP) (PYRAMID SET	STRAIGHT BAR CURES STRAIGHT BAR CURES STRAIGHT BAR CURES STRAIGHT BAR CURES 1 ARM CARLE TRI EXT ALT DE NICHE CURES REVERRE GRIP THI EXT SQUAT 3X5 DB RDL LEG PRESS LEG EXTENSIONS HAMSTRING CURES HAMSTRING CURES	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS  72.5% OF YOUR 1RM 4X12 4X10 3X15 3X15	(PYRAMID SET)	CLOSE GRUP BENCH 338 STRUGHT BAR CURS STRUGHT BAR CURS ALTERNATE OF CARES OCCREAD OR EXTENSIONS ROPE CURLS STRUGHT BAR TURBOOMS STRUGHT BAR TURBOOMS SQUAT 4X5 DUMBSELL LUNGES ROMANIAN DEADLET ELES EXTENSION HOLDS WEIGHTED BY UPS WEIGHTED STP UPS WEIGHTED STP UPS WEIGHTED STP UPS WEIGHTED STP UPS	50% OF YOUR 1RM 4X10 4X10 4X10 4X10 4 SETS 4X8 2 SETS 75% OF YOUR 1RM 4X12 4X8 4X8 4X6 3X12	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	IN STIMULENT BAR CURLS.  IN STRANGET BAR CURLS.  STRANGET BAR CURLS.  STRANGET BAR CURLS.  1 AREN CABLE TRI EXT.  AT DE INCLINE CURLS.  REVERSE GRIP TRI EXT.  SQUAT 4X5  DB RDL  LEG PRESS  LEG EXTENSIONS  HAMSTERNO CURLS.	3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS 75% OF YOUR 1RM 4X12 4X10 3X15 3X15	(PYRAMID SETS	STRAIGHT BAR EXT INCINE CEAR BRALLORGE STRAIGHT BAR CHILS STRAIGHT BAR CHILS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X6 LEG EXTENSIONS LEG PRESS DB RDLS HAMSTRING CURLS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE 4X10	(FAILURE) (PYRAMID SET)	STWINT BAIL CURL ALT DE CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V.BAR PUSHDOWNS  SQUAT 3X5 ROMANIAN DEADLET DUMBSELL LUNGES HAMSTRING CURLS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 72.5% OF 1RM 3X10 4X12 3X15 3X8	(PYRAMID SETS)	STRAIGHT BAR EXT RICHE COME SHALLOSIGH STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X3 LEG EXTENSIONS LEG PRESS DB RDLS HAMISTRING CURLS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE 4X10	(PYRAMID SET)	ALT DE CURLS MEIGHT BENCH DIPS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS  NIA ROMANIAN DEADLET DUMBBELL LUNGES HACK SQUAT	1 SET 4X12
	(TRISET)	CLOSE GREP BENOT X  STRAIGHT BAR CURLS SKULL CRUSHER A TERNATE DIS CURLS OVERSHEE DE STREED OVERSHEE DE STREED STRAIGHT BAR PUSICOM  SQUAT 3X5  DUMBBEL LUNCE! ROMANIAN DEACH LEG EXTENSION HOLE	55% OF 1RM 5 4X10 5 4X10 6 4X10 6 4X10 6 4X10 6 4X10 6 4X10 72.5% OF YOU 1RM 72.5% OF YOU 1	(HALF REPS AT BOTTON (HALF REPS AT TOP) (PYRAMID SET	STRAGHT BAR CURLS STRAGHT BAR CURLS STRAGHT BAR CURLS STRAGHT BAR CURLS STRAGHT BAR THE EXT ALT DB NICLINE CURLS REVERSE GRAP THE EXT SQUAT 3X5 DB RDL LEG PRESS LEG EXTENSIONS	3X7 3X7 3X7 4 SETS 3X8 4 X12 2 SETS  72.5% OF YOUR 1RM 4X12 4X10 3X15 3X15 4X8	(PYRAMID SET)	CLOSE GRUP BENCH 338 STRAIGHT BAR CURLS SKULL CRUSHERS ALTERNATE DE CURLS COMESSAGO DE CETEMBRIS ROPE CURLS STRAIGHT BAR PURPOONNE  SQUAT 4X5 DUMBBELL LUNGES ROMANIAN DEADLET LEG EXTENSION HOLDS	50% OF YOUR 1RM 4X10 4X10 4X10 4X10 4X10 4 SETS 4X8 2 SETS 75% OF YOUR 1RM 4X12 4X8 4X6 3X12 4X15	(HALF REPS AT BOTTOM (HALF REPS AT TOP) (PYRAMID SET	STRANCHT BAR CURLS STRANCHT BAR CURLS STRANCHT BAR CURLS STRANCHT BAR TO EX- STRANCHT BAR TO EX- AL TOB INCLINE TO EX- AL TOB INCLINE CURLS REVERSE GRIP TRI EX- SQUAT 4X5 DB RDL LEG PRESS LEG EXTENSIONS	3X7 3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS  75% OF YOUR 1RM 4X12 4X10 3X15 3X15	(PYRAMID SETS	STRAIGHT BAR EXT NC.INE CT BAR SHALLONG STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X6 LEG EXTENSIONS LEG PRESS DB RDLS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE 4X10 4X8 4X12	(FAILURE)	STRUCKT BAY CALL CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS  SQUAT 3X5 ROMANIAN DEADLET DUMBBELL LUNGES HAMSTRING CURLS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 72.5% OF 1RM 3X10 4X12 3X15 3X8	(PYRAMID SETS)	STRAIGHT BAR EXT RICHE COME SHALLOSIGH STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X3 LEG EXTENSIONS LEG PRESS DB RDLS HAMISTRING CURLS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE 4X10 4X8 4X8	(PYRAMID SET)	STRAGAT BAR CABLE CURL ALT DB CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS  N/A ROMANIAN DEADLET DUMBBELL LUNGES HAMSTRING CURLS	1 SET 4X12
DA	(TRISET) (PYRAMID SET) (FAILURE	CLOSE GRIP BENCH X  STRANGHT BAR CURLS  SKULL CRUSHER  SKULL CRUSHER  A TERNATE DIS CURLS  OVER-ACK DE CUTTRION  ROPE CURLS  STRANGHT BAR PUSHCOM  SQUAT 3X5  DUMBRELL LUNGER  ROMANIAN DEADLI  LEC ESTRINGH HOLE  SINKLE LEC SCUAT	55% OF 1RM 5 4X10 5 4X10 6 4X10 6 4X10 6 4X10 6 4X10 6 4X10 72.5% OF YOU 1RM 72.5% OF YOU 1	(HALF REPS AT BOTTON (HALF REPS AT TOP) (PYRAMID SET	STRAGHT BAR CURS. REVERSE GRIP THE EXT ALT DE INCLINE CURS. SQUAT 3X5 DB RDL LEG PRESS LEG EXTENSIONS HAMSTRING CURS.	3X7 3X7 3X7 4 SETS 3X8 4 X12 2 SETS  72.5% OF YOUR 1RM 4X12 4X10 3X15 3X15 4X8	(PYRAMID SET)	CLOSE GRUP BENCH 338 STRUGITE BAR CURE S SKULLT CRUSHERS A L'ETRINATE DE CURE. S OCCUPACIÓ SE CETTADIONIS ROPE CURE. S STRUGICAT SAR PUSICIONAS SQUAT 4X5 DUMBSELL LUNGES ROMANIAN DEADLET LEG EXTENSION HOLDS SMOLE LEG SQUATS	50% OF YOUR 1RM 4X10 4X10 4X10 4X10 4X10 4 SETS 4X8 2 SETS 75% OF YOUR 1RM 4X12 4X8 4X6 3X12 4X15	(HALF REPS AT BOTTON (HALF REPS AT TOP) (PYRAMID SET	IS STRANGET BAR CURLS.  IS STRANGET BAR CURLS.  IS STRANGET BAR CURLS.  STRANGET BAR THE EXT.  1 ARM CABLE THE EXT.  AT DO INCLINE CURLS.  REVERSE GRIP THE EXT.  SQUAT 4X5  DB RDL  LEG PRESS  LEG EXTENSIONS.  GOBLET SQUATS	3X7 3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS  75% OF YOUR 1RM 4X12 4X10 3X15 3X15	(PYRAMID SETS	STRAIGHT BAR EXT INCINE CEAR BRALLORGE STRAIGHT BAR CHILS STRAIGHT BAR CHILS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X6 LEG EXTENSIONS LEG PRESS DB RDLS HAMSTRING CURLS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE 4X10 4X8 4X12	(FAILURE)	STWINT BAIL CURL ALT DE CURLS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V.BAR PUSHDOWNS  SQUAT 3X5 ROMANIAN DEADLET DUMBSELL LUNGES HAMSTRING CURLS	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 72.5% OF 1RM 3X10 4X12 3X15 3X8	(PYRAMID SETS)	STRAIGHT BAR EXT RICHE COME SHALLOSIGH STRAIGHT BAR CURLS TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X3 LEG EXTENSIONS LEG PRESS DB RDLS HAMISTRING CURLS	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE 4X10 4X8 4X8	(PYRAMID SET)	ALT DE CURLS MEIGHT BENCH DIPS WEIGHT BENCH DIPS SPIDER CURLS DIAMOND PUSHUPS V-BAR PUSHDOWNS  NIA ROMANIAN DEADLET DUMBBELL LUNGES HACK SQUAT	1 SET 4X12
	(TRISET) (PYRAMID SET) (FAILURE	CLOSE GREP REMOTES  ETRIGICITE PARK CRESS THE STATE OF CRESS THE STATE	20 55% OF 1RM 3 4X10 3 4X10 3 4X10 3 4X10 3 4X10 4 4SETS 4X8 4X8 5 4X12 77 4X8 2 4X6 3 3X12 5 4X15 5 3X12	ONLY REPS AT BOTTON OF HALF REPS AT TOP) (PYRAMID SET  (FAILURE	STRUCTI DE CURLS SULIT 3X5 DB RDL LEG PRESS LEG EXTENSIONS HAMSTRING CURLS COBLET SOLIATS CALF RAISES	3X7 3X7 3X7 4 SETS 3X8 4 SETS 3X8 4X12 2 SETS  72.5% OF YOUR SRM 4X12 4X10 3X15 3X15 4X8 3X20	(PYRAMID SET)	CLOSE CHIP MENCH JOSE SENDANTE HAR CURSE. SENDANTE HE CURSE. A TENNANTE DEI CURSE. A TENNANTE DEI CURSE. SENDANTE DEI CURSE. S	50% OF YOUR 18M 4X10 4X10 4X10 4X10 4X10 4X10 4X10 4X10	NUT REPS AT BOTTOM 904E REPS AT TOP (PYRAMID SET) (FAILURE	THOUGHT MAY CURL. IN THOUGHT MAY CURL. IN THOUGHT MAY CURL. IT THOUGHT MAY THE CONTROL THOUGHT MAY THE	3X7 3X7 3X7 3X7 4 SETS 3X8 4X12 2 SETS  75% OF YOUR 1RM 4X12 4X10 3X15 3X15 4X8 3X20	(PYRAMID SETS	STORAGHT BARE EXT.  MENINET SER BILLEDIG  TATE PRESS  ALT DB CURLS.  ROPE HAMMER CURLS.  SQUAT 3X6  LEG DYTHNIONE  LEG DYTHNIONE  LEG PRESS  HAMSTRING CURLS.  HAMSTRING CURLS.  CALF RAISES	1 SET 4X12 4X12 4 SETS 4X10 3X10 3X10  70% OF IRM 1XFAILURE 4X10 4X3 4X3 3X20	(PYRAMID SET)	SOUAT 3X5 ROMANNA DEALERS SOUAT STATE ROMANNA DEALERS SOUAT STATE ROMANNA DEALERS HACK SQUAT CALF RAISES	1 SET 4X12 4X15 3X12 3XFAILURE 3XFAILURE 72.5% OF 1RM 3X10 4X12 3X18 3X19 3X19	(PYRAMID SETS)	STOMERT BAR EXT WORKET BY REALDONING THE CRIEF TATE PRESS ALT DB CURLS ROPE HAMMER CURLS SQUAT 3X3 LEG EXTENSIONS LEG PRESS DB ROLS HAMSTERIS CURLS CALF RAISES	1 SET 4X12 4X12 4X10 4X10 3X10 70% OF 1RM TXFAILURE 4X10 4X10 3X20	(PYRAMID SET)	INMONTANCINE COME. ALT DE CURLS. SPICIAL COMMAND PUBLIFIES SPIDER CURLS. DUMANNO PUBLIFIES VARA PUBRICOWNS.  N/A. ROMANNAN DEALLF. DUMANNAN DEALLF. DUMANNAN DEALLF. HACK SQUAT CALF RAISES.	, 1 SET  4X12  4X12  53 AX15  53 AX12  53 AXFAILURE  83 AXFAILURE  NA  NA  13 AX10  53 AX12  54 AX12  55 AX12  56 AX12  57 AX10  58 AX12
DA	(TRISET) (PYRAMID SET) (FAILURE)  Y 5	CLOSE GRIP DENOY IS. STRIGHT WAS CAREE. TENOY TO MA CAREE. A TENNEY DE OLD AND CAREE. SOULD TAXAS DUMBER DE LANGE. SOULD TAXAS WISHTED STRIP UP. SENICE LES GOLD. WISHTED STRIP UP. CABLE CROSS OVER CABLE CROSS OVER.	25 55% OF 1RM 1 4X10 1 4X10 1 4X10 2 54X10 2 4X10 2 4X10 2 4X10 2 4X5 2 54X10 2 54X10 2 54X10 2 54X10 2 54X10 2 54X10 3 33112 3 4X10 3 33112 3 4X11 5 5 4X11	ONLY REPS AT BOTTON OF HALF REPS AT TOP) (PYRAMID SET  (FAILURE	STRUCTI DE CARS. SOLUTI 3X5 DE ROL. LEG PRESS. LEG EXTENSIONS. LAG EXTENSIONS. CALF RAISES.	3X7 3X7 3X7 3X7 4 SETS 3X8 4 SETS 72.5% OF YOUR 18M 4X12 2 SETS 72.5% OF YOUR 18M 4X10 3X15 4X8 3X20	(PYRAMID SET) (FAILURE)	CLOSE GIPP SENCE 3.08 STRUCTE DE MICHES SENUL CRUSHESES ACTIONATE DE CARGO SENUL CRUSHESES ACTIONATE DE CARGO SENUL CRUSHESES ACTIONATE DE CARGO SENUL CRUSHES ACTIONATE DE CARGO SENUL CRUSHES SOULAT 4X5 DUMBRIEL LUNGES SOULAT 4X5 BUILDE SENUE LUNGES SOULAT 5X5 BUILDE SENUE LUNGE	90% OF YOUR 1884 4X10 4X10 4X10 4X10 4X10 4X10 4X10 4X1	NUT REPS AT BOTTOM 904E REPS AT TOP (PYRAMID SET) (FAILURE	THEORY SHI CARE.  THEORY SHIP SHI CARE.  THEORY SHIP SHIP SHIP SHIP.  THEORY SHIP SHIP SHIP SHIP.  THEORY SHIP SHIP SHIP	3X7 3X7 3X7 3X7 3X7 4 SETS 3X8 4 X112 2 SETS 799. GF YOUR 1984 4X12 4X12 4X15 3X15 3X15 4X8 3X20	(PYRAMID SETS	STOROGHT BARE EXT. MEANET EXTREMELLABLE TATE PRESS ALT DIS CURLS. SOULAT 3X6 LIGO EXTRINSIONES MACHINE FLY MACHINE FLY MACHINE FLY	1 SET 4 X12 4 X12 4 X12 4 X10 4 X10 3 X10 7 0% OF 1RM 1 XFALURE 4 X12 3 X20 1 XFALURE	(PYRAMID SET)	STREAM THE CHAIL COM. AT THE CURLS SPICER CURLS SPICER CURLS SUMMOND FURSHOPS SPICER CURLS SAMOND FURSHOPS SOUNT 3X5 ROMANNO FURSHOPS SOUNT 3X5 ROMANNO FURSHOPS MAINTENE CURLS HACK SQUAT CALF RAISES	1 SET 4X12 4X15 3X12 3X12 3X5ALURE 3X5ALURE 72.5% OF 1RM 3X10 3X10 3X15 3X8 3X20	(PYRAMID SETS)	STOUGHT BAR EXT.  ANNE UP BY SELECTION  TATE PRESS  ALT DB CURLS.  SOULAT 3X3  LEG EXTENSIONS  LEG EXTENSIONS  LEG PRESS  DB RDLS  HAMSTENG CURLS  CALF RAISES  MACHINE FLY  MACHINE FLY  MACHINE FLY  MACHINE FLY  MACHINE FLY	1 SET 4 M12 4 M12 4 M12 4 SETS 4 M10 4 M10 4 M10 7 M OF 1 RM 1 MF ALLURE 4 M12 3 M20 1 MF ALLURE 1 MF	(PYRAMID SET)	DIMONIT BIS CHIEF CONTROL OF THE STREET CANADAM DEAD.	. 1 SET 4X12 4X12 5X 3X15 5X 3X16 5X 3XFAILURE 5XFAILURE
DA	(TRISET) (PYRAMID SET) (FAILURE	CLOSE ORPRENONS ETRIGICTO PARC CALLES STRUCTO PARC CALLES A TERMATE DE CALLES TRANSPORT TO CALLES TO TERMATE DE CALLES TO TERMATE TO	a 55% OF 1RM 4X10 SI 5 4X10 SI 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	ONLY REPS AT BOTTON OF HALF REPS AT TOP) (PYRAMID SET  (FAILURE	STRUCTH BAC CRES. STRUCTH BAC	3X7 3X7 3X7 3X7 4 SETS 3X8 4 SETS 2 SETS 72.96 OF YOUR 19M 4X12 4X10 3X15 3X15 3X15 3X20	(PYRAMID SET) (FAILURE)	CLOS CHIP SENCH 15  STRUCTURE DE CURSE STRUCTURE DE CURSE STRUCTURE DE CURSE STRUCTURE DE CURSE STRUCTURE	905 OF YOUR 1884 4X10 4X10 4X10 4X10 4X10 4X10 4X10 4X1	NUT REPS AT BOTTOM 904E REPS AT TOP (PYRAMID SET) (FAILURE	THINGOIT BAS CARE.  THINGOIT BAS THE CARE.  AT TOR RICHARC CARE.  SOULAT 4X5  DB RDL  LEG PRESS.  LEG EXTENSION.  HAMSTERION CURE.  GOBLET SOULATS.  CALF RAISES.  THINGSTRIP CURE.	3X7 3X7 3X7 3X7 4 SETS 3X8 4 SETS 789.0FY0JH 1984 4X12 2 SETS 4X10 3X15 3X15 3X15 3X15 3X15 3X20	(PYRAMID SETS	STOROGHE BARE EXT.  MEAN ET DE MINISTERIOR  TATE PRESS  ALT DE CURES.  ROPE IMMERIE CURE  SQUAT 3X6  LEG PRESS  DB ROLS  CALF RAISES  MACHINE FLY  MACHINE FLY  ACLINE OR PRESS	1 SET 4X12 4 SETS 4X10 4X10 3X10 3X10  70% OF 1RM 1XFAILURE 4X10 3X20  1XFAILURE 3XFAILURE 3XFAILURE	(SUPERSET)	STUDIO DE CALCUM AT DE CURLS WEIGHT SENCH OPEN SPICER CURLS SPICER CURLS UNDOOR SPICER CURLS CAMMON PUBBING VARA PUBBICONNS  SQUAT 3X5 ROMANNA DESCLET CAMMON CURLS HAMSTRON CURLS HAMSTRON CURLS TAMATTON CALF RAISES PULLUPS PULLUPS PULLUPS	1 SET 4 X12 4 X12 4 X15 3 X12 3 X12 3 X1A LURE 3 XFAILURE 3 XFAILURE 4 X12 3 X10 4 X12 3 X15 3 X18 3 X20 3 X18 3 X18 3 X18	(PYRAMID SETS)	STRAIGHT BAR EXT.  MAINET BY MARKET BY MAINET  TATE PRESS  ALT DE CURES.  SOUAT 3X3  LEG EXTENSIONS  LEG PRESS  DE ROLL  LEG PRESS  CALF RAISES  MACHINE FLY  MALCHINE FLY  MILLING DE PRESS	1 SET 4X12 4 SETS 4X10 4X10 3X10 3X10 3X10 1XFAILURE 4X10 3X20 1XFAILURE 3XFAILURE 3XFAILURE	(PYRAMID SET)	TOMOST DATIONS COMES AND TO SECURITY SERVICE OF SERVICE	. 1 SET 4X12 4X12 53 4X15 53 3X12 13 3X5AILURE 13 3X5AILURE 14 3X5AILURE 15 3X5AILU
DA	(TRISET) (PYRAMID SET) (FAILURE)  Y 5	CLOSE GRIP RENOL'S.  STRIGHT WAS CASE.  A TERRICH WAS CASE.  A TERRICH OR CASE.  A TERRICH OR CASE.  A TERRICH OR CASE.  A TERRICH OR CASE.  THOMAS OF THE CASE.  SQUAT 3XS  COLUMBELL LUNGOR  BOOMMAN DELAY.  SENDE OF THE STRIP WAS.  SENDE OF THE STRIP WAS.  AREA OF THE STRIP WAS.  CABLE CROSS OVE  DB ENCH PRESS  DB ROWL	a 55% OF FRM 4410 s 6410	JOHANNES MONTON	STRUCTI DE CARS. SOLUTI 3X5 DE ROL. LEG PRESS. LEG EXTENSIONS. LAG EXTENSIONS. CALF RAISES.	307 307 307 4 SETS 308 4 SETS 308 4012 2 SETS 71256 OF YOUR 18M 4010 3015 3015 3015 4 SETS 4 SETS 4 SETS 3010 3010 3010 3010 3010 3010 3010 301	(PYRAMID SET) (FAILURE)	CLOSE CORP SENCE 1.10  CENTROL CONTROL	90% OF YOUR 18M 4X10 4X10 4X10 4X10 4X10 4X10 4X10 4X10	PAUL REP A I TOTO PAUL PEPS A I TOP (PYRAMID SET (FAILURE  (PYRAMID SET)	THEORY SHI CARE.  THEORY SHIP SHI CARE.  THEORY SHIP SHIP SHIP SHIP.  THEORY SHIP SHIP SHIP SHIP.  THEORY SHIP SHIP SHIP	3X7 3X7 3X7 3X7 4 SETS 3X8 4 SETS 3X8 4X12 2 SETS 4X10 3X15 3X15 3X15 3X15 3X15 3X15 3X15 3X20	(PYRAMID SETS	STOROGHT BARE EXT. MEANET EXTREMELLABLE TATE PRESS ALT DIS CURLS. SOULAT 3X6 LIGO EXTRINSIONES MACHINE FLY MACHINE FLY MACHINE FLY	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF 1RM 1XFAILURE 4X10 3X20 1XFAILURE 3X5AILURE 2XFAILURE	(PYRAMID SET)	STUDIO DE CALCUM AT DE CURLS WEIGHT SENCH OPEN SPICER CURLS SPICER CURLS UNDOOR SPICER CURLS CAMMON PUBBING VARA PUBBICONNS  SQUAT 3X5 ROMANNA DESCLET CAMMON CURLS HAMSTRON CURLS HAMSTRON CURLS HAMSTRON CURLS ALCA FALSES PULLUPSS PULLUPSS	1 SET 4X12 4X15 3X12 3X12 3X5ALURE 3X5ALURE 72.5% OF 1RM 3X10 4X12 3X15 3X18 3X20 3X8 3X8 4 SETS	(PYRAMID SETS)	STRAIGHT BAR EXT.  MAINET BY MARKET BY MAINET  TATE PRESS  ALT DE CURES.  SOUAT 3X3  LEG EXTENSIONS  LEG PRESS  DE ROLL  LEG PRESS  CALF RAISES  MACHINE FLY  MALCHINE FLY  MILLING DE PRESS	1 SET 4X12 4X12 4 SETS 4X10 3X10 3X10 3X10  70% OF 1RM 1XFAILURE 4X12 3X20  1XFAILURE 3XFAILURE 2XFAILURE	(PYRAMID SET)	TOMOST DATA COMES ON ALT DIS CONTROL CONTROL CONTROL COMES ON ALT DIS CONTROL C	. 1 SET
DA	(PYRAMID SET) (FAILURE)  Y 5	CLOSE CHEP RENOVAL THROUGH HAN CHARLE STATEMENT HAN CHARLE STATEMENT HE COURT. ATTEMENT HE COURT. ATTEMENT HE COURT. ATTEMENT HE COURT. ATTEMENT HAN CHARLE STATEMENT HAN CHARLE LEGISLATION HAND HAND HAND HAND HAND HAND HAND HAN	a 55% OF 1RM 4X10 SI 6X10 SI 6	JOHANNES MONTON	STRUCTI BUT CARS.  SOUAT 3X5  DB RDL  LEG PRESS  LEG EXTENSION.  LEG EXTENSION.  LOG EXTENSION.  OGBLET SOUATS  CALF RAISES  INCLINE DB PRESS  LANGAINE FOUR  LANGAINE FOUR  LANGAINE FOUR  LANGAINE FOUR  MACHINE FLY.	307 307 307 307 4 SETS 308 4 SETS 72.06 OF YOUR TIME 4 YEZ 4X10 3X15 4X8 3X20 4X10 3X12 3X15 3X12	(PYRAMID SET) (FAILURE)	CLOSE ONW SENCY 100  ETHOLOGY SEN COUNTY  SENCY	905 OF YOUR 1984 4X10 4X10 4X10 4X10 4X10 4X10 4X10 4X1	PAUL REP A I TOTO PAUL PEPS A I TOP (PYRAMID SET (FAILURE  (PYRAMID SET)	INVADE BALCARS.  ITHINGOIT BALCARS.  ITHINGOIT BALCARS.  ITHINGOIT BALCARS.  ITHINGOIT BALCARS.  ITHINGOIT BALCARS.  ITHINGOIT BALCARS.  SOUAT 4X5  DB ROL  LEG PRESS  LEG EXTENSION.  INVADE GALCARS.  INVADE GAL	3X7 3X7 3X7 3X7 4 SETS 3X8 4 SETS 3X8 4X12 2 SETS  799 GF YOUR SHAL 4X10 3X15 3X15 3X15 3X15 3X15 3X10 3X20 4X10 3X12 3X12 3X12 3X13 3X20 3X12 3X12 3X12	(PYRAMID SETS	STOROGHE DATE EXT.  MEAN ET JOHN MILLIONE  TATE PRESS ALT DB CURLS.  SQUAT 3X6 LEG DATISSION  LEG DATISSION  CALF PAINTERS  CALF RAISES  MACHINE FLY  MILLION PRESS  MACHINE FLY  MILLION PRESS  MACHINE FLY  MILLION PRESS	1 SET 4X12 4 SETS 4X10 4X10 3X10  70% OF 1RM 1XFALURE 4X10 3X20  1XFALURE 3X20  1XFALURE 2XFALURE 4X10 4X10 4X10 4X10 4X10 4X10 4X10 4X10	(SUPERSET)	THEORY THE CALL COM. ALT DIS COURS. SPICER CURLS. SPICER C	1 SET 4 X12 4 X15 3 X12 3 X12 3 X16 3 X16 3 X16 3 X16 3 X16 3 X16 3 X10 4 X12 3 X16	(PYRAMID SETS)	STRUCTED AND EXT.  STRUCTED AND EXT.  STRUCTED AND EXT.  SOUTH SALE OF THE SAL	1 SET 4X12 4 SETS 4X10 4X10 3X10 70% OF IRM 1XFALURE 4X11 3X20 1XFALURE 3X20 1XFALURE 3XFALURE 3XFALURE 3XFALURE 3XFALURE 3XFALURE 3XFALURE	(PYRAMID SET)  (SUPERSET)	TRADIT DISCUSSION OF THE PROPERTY OF THE PROPE	1 SET 4 X12 9 4X12 9 4X15 S XX12 9 4X15 S XX12 1 3 XFAILURE  N/A FT 3X10 1 4X12 3X6 3X20  1 3X8 3X20 4 SETS 9 4XFAILURE
DA	(FAILURE  (PYRAMID SET)  (FAILURE  Y 5  (SUPERSET)  (SUPERSET)	CLOSE GRIP RENOL'S.  STRIGHT WAS CASE.  A TERRICH WAS CASE.  A TERRICH OR CASE.  A TERRICH OR CASE.  A TERRICH OR CASE.  A TERRICH OR CASE.  THOMAS OF THE CASE.  SQUAT 3XS  COLUMBELL LUNGOR  BOOMMAN DELAY.  SENDE OF THE STRIP WAS.  SENDE OF THE STRIP WAS.  AREA OF THE STRIP WAS.  CABLE CROSS OVE  DB ENCH PRESS  DB ROWL	a 55% OF FIRM 4X10 S 6X10 S 6X10 4X10 S 6X10 4X10 S 72 85 6Y YOU 180 4 8 5 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	JOHANNES MONTON	STRUCTI DICIONAL CARS. STRUCTI DICIONAL CARS. STRUCTI DICIONAL STRUCTI DICIONAL STRUCTI DICIONAL STRUCTI DICIONAL STRUCTI DICIONAL ALTO RICIANO. SOLUATI 3X5 DIB RICI. LE GUI PERES LEG EXTENSIONS LEG EXTENSIONS CALF FRANSES  NICLANE DIS PRESS TARA CHEST PRESS TA	307 307 307 4 SETS 308 4 SETS 308 4012 2 SETS 12 SH OF YOUR HIM 4012 4010 3016 401 3016 401 3016 3016 3017 3010 3017 3017 3017 3017 3017 3017	(FYRAMID SET)  (FAILURE)  (SUPERSET)	CODE ONP RENC1 100 THOUGH OF RENC1 100 THOUGH	ess of Your 1984 4X10 4X10 4X10 4X10 4X10 4X10 4X10 4X1	JOHAN BERA BOTTON OF THE PROPERTY OF THE PROPE	TWOOTE DAY CARE.  TWO INCLINE.  TW	3X7 3X7 3X7 3X7 4 SETS 3X8 4 SETS 3X8 4X12 2 SETS 4X10 3X16 4X10 3X16 3X16 3X16 3X16 3X16 3X16 3X12 3X12 3X12 3X12 3X12 3X12 3X12 3X12	(PYRAMID SETS	STOROGHE BARE EXT.  MEAN ET SER MILLUME  TATE PRESS  ALT DE CURE.  SQUAT 3X6  LEG DYTHISONE  LEG DYTHISONE  CALE PAINSES  MACHINE FLY.  ACLINE DE PRESS  CALE PAINSES  MACHINE FLY.  ACLINE DE PRESS  CALE PAINSES  CALE PAINSES  CALE PAINSES  CALE PRESS  CALE PAINSES  CALE PRESS  CALE PRESS  CALE PRESS  CALE PRESS  CALE PAINSES  CALE PRESS  CA	1 SET   4X12   4 SETS   4X10   4X10   3X10   70% OF 1RM   1XFAILURE   4X10   3X20   1XFAILURE   3X40   4X12   3X20   1XFAILURE   4X10   4X14   4X15   4X16   4X17   4X17   4X18   4X19   4X19   4X10    4X10   4X10   4X10    4X10   4X10    4X10    4X10   4X10    4X10    4X10    4X10    4X10    4X10    4X10    4X10    4	(SUPERSET)	STUDIOT DE COLLEGE AT TOE CURLS SPICER CURLS SPICER CURLS SPICER CURLS VAMA PUBBOOMS SQUAT 3X5 S	1 SET 4 XX12 4 XX15 3 XX12 3 XX14 LURE 3 XXFALURE 3 XXFALURE 3 XXFALURE 3 XXFALURE 3 XX10 4 XX12 3 XX8 3 XX20 3 XX8 3 XX	(PYRAMID SETS)	STRAIGHT BAR EXT.  MAINE UP AN PROMOTE HAVE COME.  TATE PRESS ALT DIS CURLS.  SOULAT 3X3 LEG CHTINISHONS LEG PRESS CALF RAISES  MACHINE FLY.  MICLIAE DE PRESS  MACHINE FLY.  MICLIAE DE MICHINE  MICHINE FLY.  MICLIAE DE MICHINE  MICHINE FLY.  MICLIAE DE MICHINE  MICHINE FLY.  MICHINE MICHIN	1 SET 4X12 4 SETS 4X10 70% OF 1RM 1XFAILURE 4X10 3X10  1XFAILURE 4X10 4X12 4X12 4X12 4X10 4X14 4X12	(PYRAMID SET)  (SUPERSET)	TOWN THE CORE OF THE CONTROL OF THE CORE O	. 1 SET 4X12 94 4X12 94 4X15 S 3X12 94 4X15 S 3X12 94 5X16 S 3X12 94 5X16 S 3X10 94 5X16 S 3X16 S 3X
DA	(FAILURE)  (PYRAMID SET)  (FAILURE)  (FAILURE)  (FAILURE)  (FAILURE)  (FAILURE)  (FAILURE)	GLOSE GREWARDS IN TRANSPORT MAN CARE STATEMENT AND	20 55% OF TRM 4410  SI 6X10  SI 6X10  SI 6X10  4X10  5X10	JOHANNES A BOTTON OF THE STATE	STRUCTI BUC CARS. SOULT 33/5 DB RDL LEG PRESS LEG PYTEST LEG PYTEST CALF FAINES CALF FAINES INCLINE DB PRESS LANGUAGE FOR PAINES LANGUAGE FOR PRESS LANG	307 307 307 4 SETS 308 4 SETS 308 4012 2 SETS 12 SH OF YOUR HIM 4012 4010 3016 401 3016 401 3016 3016 3017 3010 3017 3017 3017 3017 3017 3017	(FYRAMID SET) (FAILURE) (SUPERSET) (SUPERSET) (FAILURE)	CODE ONP RENCH 100 THOUGH OF RENCH 100 SHALL CHUMPERS ALTERNATE OR LINES COMMON OF COM	00% OF YOUR 1984 4X10 4X10 4X10 4X10 4X10 4X10 4X10 4X1	JOHAN BERA BOTTON OF THE PROPERTY OF THE PROPE	SOLIAT AXS  SOLIAT AXS  DROCT BOOK CORE  SOLIAT AXS  DROCT BOOK  SOLIAT AXS  DROCT BOOK  MACHINE CORE  PRESS  CALF RAISES  PICLINE D PRESS  CALF RAISES  MACHINE FLY  MACHINE	3X7 3X7 3X7 3X7 4 SETS 3X8 4 SETS 3X8 4X12 2 SETS 4X10 3X16 4X10 3X16 3X16 3X16 3X16 3X16 3X16 3X12 3X12 3X12 3X12 3X12 3X12 3X12 3X12	(PYRAMID SETS	STRANSPERSON TO STRANSPERSON T	1 SET 4X12 4X12 4 SETS 4X10 3X10  70% OF 1RM 1XFALURE 4X10 3X20  1XFALURE 3X20  1XFALURE 4X12 4X12 4X12 4X12 4X14 4X12 4X14 4X12 4X14 4X14	(SUPERSET) (PYRAMID SETS) (PYRAMID SETS) (SUPERSET)	MAT DE CURS. ALT DE CURS. SPICER CURS. SPICE	1 SET 4 X12 4 X15 3 X12 3 X12 3 X12 3 X1ALURE 3 XFAILURE 3 XFAILURE 3 XFAILURE 3 XFAILURE 3 XFAILURE 3 X8 3 X10	(PYRAMID SETS)	STRUCHT BAR EXT.  WILLE IT WE MANUFACTURE TO THE	1 SET 4X12 4 SETS 4X10 4X10 4X10 3X10  70% OF 1RM 1XFAILURE 4X10 3X20  1XFAILURE 3X20  1XFAILURE 4X10 4X12 4X12 4X10 4X12 4X14 4X12 4X14 4X12 4X14 4X12 4X14 4X12 4X14 4X14	(SUPERSET)  (SUPERSET)  (SUPERSET)	MAT DE CURE.  MURCH SINGH PRINCH DIPP SPIDER CURE. NAME CURE. SPIDER C	1 SET 4X12 4X12 4X12 5X12 5X12 5X12 5X12 5X12 5X12 5X12 5