



Boris Cmiljanic

Thursday 9 October 2025



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Lower Body

Barbell Split Squat			
%	Weight	Reps	Done
85%	80	5	
95%	90	3	
100%	100	1	

Exercise Video Link

<https://youtu.be/wEqJ5mq6Pus>

Hip Thrust (Bench)			
%	Weight	Reps	Done
85%	180	5	
90%	190	3	
95%	200	3	

<https://youtu.be/EigWty5J8fA>

DB Step Up			
%	Weight	Reps	Done
53%	15	8	
58%	15	6	
63%	20	5	

<https://youtu.be/nhFLBclwulE>

Reactive Half			
%	Weight	Reps	Done
50%	35	8	
55%	40	6	
60%	50	6	

Empty			
%	Weight	Reps	Done

Exercise Video Link

Empty			
%	Weight	Reps	Done

Empty			
%	Weight	Reps	Done

Empty			
%	Weight	Reps	Done



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