

Leg extension MEDIUM	6-10																		
Nordic raise	6-10																		
Leg extension MEDIUM	Rest/pause																		
Calf raise	10-15																		
Face pull	Rest/pause																		
Back raise	10-15																		
Leg raise	Max																		
Dumbbell press 30 MEG	6-10																		
Dumbbell press 45 MEG	6-10																		
Dumbbell press MEDIUM	Rest/pause																		
Push up	10-15																		
Trx	Rest/pause																		
Jammer pull	10-15																		
Pulley curl	10-15																		
Face pull	6-10																		
Chin pull	6-10																		
Face pull	Rest/pause																		
Front raise	10-15																		
Leg extension MEDIUM	Rest/pause																		
Leg curl	10-15																		
Twist abs	Max																		
Trx	6-10																		
Dumbbell rower	6-10																		
Trx	Rest/pause																		
Lat machine LIGHT	10-15																		
Dumbbell press 30 MEG	Rest/pause																		
Cable cross	10-15																		
Pulley curl	10-15																		
Leg extension MEDIUM	Rest/pause																		
Face pull	Rest/pause																		
Dumbbell press 30 MEG	Rest/pause																		
Trx	Rest/pause																		
French press MEDIUM	Rest/pause																		
Leg raise	Max																		