

Day 5 - ____ / ____				#	RPE
A	Deadlift		5		
			3		
			2		
			2		
			2		
	Vertical Jumps		5\3		
			10		
B	DB Bench		6		
			6		
			6		
C	DB Pullovers		4\8		
D	DB Bicep		4\6		
E	Alt Crunch		3\10		

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			2		
			2		
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