

Day 4 - ____ / ____			#	RPE
A	Forward Lunge	8ea		
		6ea		
		6ea		
		6ea		
		6ea		
B	Side Lunge	6ea		
C	Chinups	6ea		
D	Wrist Var	3\10		
E	DB Shrugs	3\15		
F	Side Planks	3\20		
		3\60s-ea		
	Russian Twist	3\10		

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		6ea		
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		6ea		
B	Side Lunge	6ea		
C	Chinups	6ea		
D	Wrist Var	3\10		
E	DB Shrugs	3\15		
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