

Day 2 - ____/____			#	RPE
A	Benchpress		15	
			8	
			2	
			1	
			6	
			8ea	
B	Rev Lunge		6ea	
			4ea	
C	DB Pullovers		3\6	
D	DB Shrugs		4\10	
E	Pushup Var		3\20	
F	Situp Var		3\1min	

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