

Day 6 - ____/____		#	RPE
A	Bulgarian SS w/ DB	5	
		5	
		5	
		5	
		5	
		10ea	
B	DB SA Row	8ea	
		6ea	
		6ea	
C	Lower Stretch	3\ANY	
D	Tricep Pushdown	4\6	
E	Crunch Var	3\15	

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		5	
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