		3\1min	Situp Var			3\1min	F Situp Var	_
		3\20				3\20	E Pushup Var	
		4\10	D DB Shrugs			4\10	D DB Shrugs	
		3\6	C DB Pullovers			3\6	C DB Pullovers	
		4ea				4ea		
		6ea	B Rev Lunge			6ea	B Rev Lunge	
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RPE	#		Day 2	RPE	#		Day 2/	
		3\1min	F Situp Var			3\1min	F Situp Var	
		3\20	E Pushup Var			3\20	E Pushup Var	
		4\10	D DB Shrugs			4\10	D DB Shrugs	
		3\6	C DB Pullovers			3\6	C DB Pullovers	
		4ea				4ea		
		6ea	B Rev Lunge			6ea	B Rev Lunge	
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