	3\90s	D Plank			3\90s	D Plank
	3\8ea				3\8ea	Hammer Curls
	3\8	DB OH Tri			3\8	DB OH Tri
	3\20s				3\20s	SA Hang Holds
	3\10	<sub>B</sub> Chinups			3\10	<sub>B</sub> Chinups
	4\2	Jumps			4\2	Jumps
	_				<u></u>	
	_				_	
	_				_	
	N	Δ Back Squat			N	Δ Back Squat
	N				2	
	N				2	
	4				4	
# RPE		Day 1/_	RPE	#		Day 1/_
	3\90s	D Plank			3\90s	D Plank
	3\8ea	Hammer Curls			3\8ea	Hammer Curls
	3\8	DB OH Tri			3\8	DB OH Tri
	3\20s				3\20s	SA Hang Holds
	3\10	<sub>B</sub> Chinups			3\10	<sub>B</sub> Chinups
	4\2	Jumps			4\2	Jumps
	<b>-</b>				_	
	<b>-</b>				_	
	<u></u>	כ			_	
	N	A Back Squat			2	A Back Squat
	N				2	
	Ν.				2	
	4	,			4	
# RPE		Day 1 - /	RPE	#		Day 1 - /