

Day 1 - ____ / ____			#	RPE
A	Back Squat		4	
			2	
			2	
			2	
B	SA Hang Holds		1	
			1	
			1	
			1	
C	DB OH Tri	Jumps	4	1/2
		Chinups	3	1/10
		SA Hang Holds	3	2/20s
		DB OH Tri	3	8
D	Plank	Hammer Curls	3	8ea
			3	90s

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