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П	Ш	C	כ	C		ω				⊳				¬	Ш	7	J	C		Φ				⊳			
Russian Twist	Side Planks	DB Shrugs	Wrist Var	Chinups		Side Lunge				Forward Lunge			Day 4/_	Russian Twist	Side Planks	DB Shrugs	Wrist Var	Chinups		Side Lunge				Forward Lunge			Day 4/_
3\10	3\60s-ea	3\20	3\15	3\10	6ea	6ea	6ea	6ea	6ea	6ea	6ea	8ea		3\10	3\60s-ea	3\20	3\15	3\10	6ea	6ea	6ea	6ea	6ea	6ea	6ea	8ea	
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F	Ш		J	C		В				A				П	Ш		J	C		В				⊳			
	Sic			C Chinups		B Side Lunge				A Forward Lunge			Day 4/_	F Russian Twist	Sic	DB Shrugs	D Wrist Var			B Side Lunge				A Forward Lunge			Day 4/_
			Wrist Var	Chinups	6ea	Sid	6ea	6ea	6ea		6ea	8ea	Day 4/			DB Shrugs 3\20	D Wrist Var 3\15	Chinups	6ea	Sid	6ea	6ea	6ea		6ea	8ea	Day 4/
Russian Twist	Side Planks	DB Shrugs	Wrist Var	Chinups	6ea	Side Lunge	6ea	6ea	6ea	Forward Lunge	6ea	8ea	Day 4/#	Russian Twist	Side Planks			Chinups	6ea	Side Lunge	6ea	6ea	6ea	Forward Lunge	6ea	8ea	Day 4/ #