

Sheet1

Lift	Reps	Time(s)
DB Front Raise	10/10/10/10	
DB Lateral Raise	99/99/99/99	
Selectorized Shoulder Press	10/10/10/10	
Cable Face Pull	15/15/15/15	
Cable Pushdown Overhand	12/12/12/12	
Close-Grip Bench Push-ups	99/99/99/99	
Seated Dip	15/15/15/15	