ATE: $\sqrt{9}$,	SES	SSION:		and the second s
Jus	TIA					
ARDIOVASCULAR				and the state of t		
LEVEL TIM	A Fine	and classic field also play the state of the	TYPE	manan kadi di maja di kaman kada maja da Sabi ka Mara ang Maja di Sabi ka Mara ang Maja di Sabi ka Mara ang Ma	in the principle of the second se	
	Pe	STER	Re.	st C	OR ONE I	A CIRC
EXERCISE / SUPERSET	Sets	Reps	Intensity		Rest Interval	TIMO
BANDED GOOD MORNIN	16 3x	12	30	Million has been been as the second of the s		>GeV
- BENT OVER LUNDERHAD ZOW GAIP		12	30	* ORAG	ON 3 RLPS	P WE
- WIDE GRIP ROW MAI	43x	12.	70+	Note that the same of the same	And the second of the second o	0
- UNDERHAND LAT PULL DOWN	3x	15	60	*TO T	HE'K!	dead houseween the control of the co
- HEAVY BICEP CURL		8-12				
BACK EXTENSION		305-la	n 20H-	V 50H		And proceedings of the control of th
PLANK	am 🌣	304-In	ru			- Company of the Comp
Compliance:1-10 Meal Plan_	Su	pplement_	Att	tendance		
IMMARY OF TRAINING SESSION	et en	·	M witzu	Deim	(Q) Cara	mulco
, in the second	gual en versen automore en ir dicital angalion i y vi librilo of entre en Bullo di plata librilo grapp e con clus el des classes en en est entre el soci	<u> </u>	UNTW/VI	rema		
			JAF	RE	456	
			UB	M. N	VIUM	
Client Signature	-		W	/v r	V . W	,

Monroe 022

Band Jump SQUATS -TRIPLE EXTENSION (HIPS, KNEES, ANKLE straight and out)
Strengh Technique Performance; 55= superset +>=+vi-set
-B12-, C8 -> MACHINE NUMBER
- WALL BALL SQUAT
- WALL BALL SOUAT - Wer HORIZOWTAL LEVER ARM LENGTH CFF T=FOR 9 AMOUNT TRICEP CAN HELP
-SUPPS Aminos prior/during/immediately after wilt som Protein - post workout
Protein - Post workout
C) - consumer product (GNC)
Practiciono - product (DOTFIT) Lo 3rd paty testing; including 15 Affective Carada ** From DAY AWESCINE!
AFIN DAY AWESCINE!
RECOVER -TRT 13030 VARIATIONS
RECOMENDED PROVED TRY 13070 - Multivitaria DESPECIALLY with with Postupe Marke Postupe - Introvidant waste allegants to the points
La muscle moste + pollutentes + toxins
- Fish Stear + / Brain health
Colornones
STAGENT, FOCUS OF DE CHEST DE

Olbeffer obs