

Sheet1

Lift	Reps	Time(s)
Selectorized Front Pull-down	15/15/15	
BB Good Morning	12/12/12	
Seated Hamstring Strength Rows	12/12/12	
Isometric Rear Delt Flys (s)	60/60/60	
Bent-over BB Row	12/12/12	
Alternating DB Bicep Curls	12/12/08	
BW Plank (s)	60/90/120	