

Sheet1

Lift	Reps	Time(s)
Isometric Rear Delt Fly	30/30	
BB Bench Press	10/10/10	
Selectorized Shoulder Press	10/10/10	
Incline DB Bench Press	12/12/12	
Single Arm Cable Tricep Extension	12/12/12	
BW Bicycle Crunch	30/30/30	
Bench Squat Jumps	20	
Couch Wall Stretch (s)	60	