

Sheet1

Lift	Reps	Time(s)
Incline DB Bench Press	10/10/10	
Peck Deck Machine	12/12/12	
BB Shoulder Press	10/10/10	
Farmer's Carry	60/60/60	
Iso Rear Delt Fly	60/60/60	
Seated Overhead Tricep	8/8/8	
Rope Slams	25/25/25/25	
Incline BW Pushup	99/99/99	
DB Squat to Press	10/10/10/10	