

Sheet1

Lift	Reps
DB Bench Press (incl)	10, 10, 10
Assisted BW Dip	15, 20, 20
DB Fly (flat)	8, 10, 10
Medicine Ball Push-up (alt	8, 8, 8, 8
Selectorized Ab Crunch	20, 20, 99
Bosu Leg Raises	20, 20, 99