

Sheet1

Lift	Reps	Time(s)
DB Incline Bench Press	12/12/12/12	
DB Bench Press	10/10/10/10	
Cable Crossover – High	15/15/15/15	
Selectorized Fly	10/10/10/10	
BW Crunch	20/20/20/20/20	
BW Leg Raise	20/20/20/20/20	
BW Plank	60/60/60/60/60	
BW Russian Twist	40/40/40/40/40	
Flutter Kick	40/40/40/40/40	