

Sheet1

Lift	Reps	Time(s)
DB Shoulder Press	10/10/10	
KB Squat-to-Upright Row	12/12/12	
Hanging Leg Raise	10/10/10	
DB Raise	10/10/10	
Farmer's Carry	30/30/30	
BB Row	10/12/15	
BB Raise	10/10/10	
DB Shrug	12/10/10	
Smith Row	12/10/08	