

Sheet1

Lift	Reps	Time(s)
Lying One-Arm Lateral Raise	8/8/8	
Lying DB Squeeze Press	12/12/12	
Walking Farmer's Carries	60/60/60	
Preacher Curl 21's	21/21/21	
BB Roll-outs, Floor	12/12/12	
BW Pushup	99/99/99	
DB Combo-Walks	40/40/40	
Plank-to-Pushup	40/40/40	