	core:	
	overhead press:	
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	■ reps: 5	
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	∘ set 2:	
	■ reps: 5	
	• weight: 117	accessory:
	∘ set 3:	curls:
	■ reps: 3 ■ weight: 141	
		o sets: 3
	∘ set 4:	∘ reps: 10
_	reps: 5weight: 176	<u>tricep pushdown:</u>
monday	∘ set 5:	o sets: 3
	■ reps: 5	∘ reps: 10
	■ weight: 188	face pulls:
	∘ set 6:	
	■ reps: 5	o sets: 3
	• weight: 199	o reps: 10
	bench press:	
	∘ set 1:	
	■ reps: 10	
	• weight: 26	
	∘ set 2:	
	• reps: 10	
	• weight: 26	
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	 reps: 10 weight: 26 set 4: reps: 10 weight: 26 set 5: reps: 10 weight: 26 	
wednesday	core: deadlift: set 1: reps: 5 weight: 10 set 2: reps: 5 weight: 12 set 3: reps: 3 weight: 14 set 4: reps: 5 weight: 18 set 5: reps: 5 weight: 19 set 6: reps: 5 weight: 20 squat: set 1:	accessory: ab wheel: sets: 3 reps: 10 situp: sets: 3 reps: 10 russian twists: reps: 10

	 reps: 10 weight: 249 set 2: reps: 10 weight: 249 set 3: reps: 10 weight: 249 set 4: reps: 10 weight: 249 set 5: reps: 10 weight: 249 	
	core:	
	bench press:	accessory:
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	■ reps: 5 ■ weight: 17	o sets: 3
	o set 2:	∘ reps: 10
	■ reps: 5 ■ weight: 21	<u>tricep pushdown</u> :
friday	o set 3:	o sets: 3
	■ reps: 3 ■ weight: 26	∘ reps: 10
	o set 4:	<u>face pulls</u> :
	■ reps: 5 ■ weight: 32	o sets: 3
	• set 5:	o reps: 10
	■ reps: 5 ■ weight: 34	

	∘ set 6:	
	■ rep	s: 5 ight: 36
	overhead press:	
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	∘ set 2:	
	■ rep	s: 10 ight: 141
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	■ rep	s: 5 o reps: 10
sunday	∘ set 2:	<u>situp</u> :
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	• wei • set 3: • rep	s: 5 ight: 207 • reps: 10 russian twists:

∘ set 4:	
■ reps: 5 ■ weight: 311	
∘ set 5:	
■ reps: 5 ■ weight: 332	
∘ set 6:	
■ reps: 5 ■ weight: 352	
<u>deadlift</u> :	
∘ set 1:	
■ reps: 10 ■ weight: 14	∘ reps: 10
o set 2:	
reps: 10weight: 14	
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■ reps: 10 ■ weight: 14	

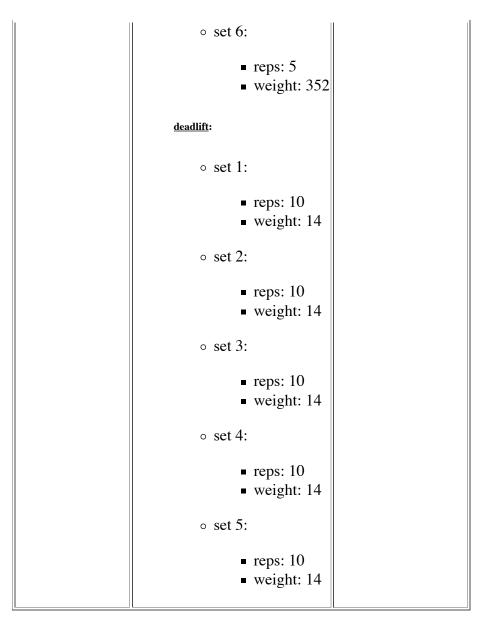
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sunday	core: squat: squat: reps: 5 weight: 166 set 2: reps: 5 weight: 207 set 3: reps: 3 weight: 249 set 4: reps: 5 weight: 311 set 5: reps: 5 weight: 332	accessory: ab wheel: sets: 3 reps: 10 situp: sets: 3 reps: 10 russian twists: sets: 3 reps: 10



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Workout PDF