

Name: Mr. X [info](#)

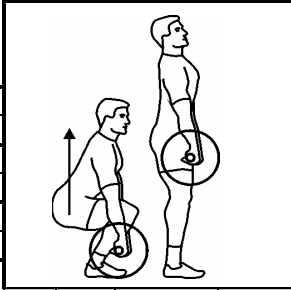
Program: 1 [info](#)

Consultant: Mr. Z [info](#)

VERSO

A1

Wtt
51,2
Trep
429
Ttime
36,4



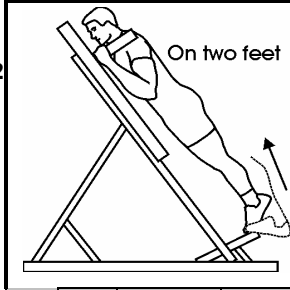
Set	Rep.	Tempo	Rest
3	12	4 0 2	60

Alter. 1

Note: -Keep back straight, chest out and head up.
-Alternate with A2.

Draw ?

A2

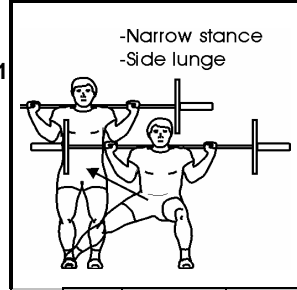


Set	Rep.	Tempo	Rest
3	15	3 1 2	30

Alter. 1

Note: -Pause when you're up.

B1



Set	Rep.	Tempo	Rest
3	10	1 2 1	30

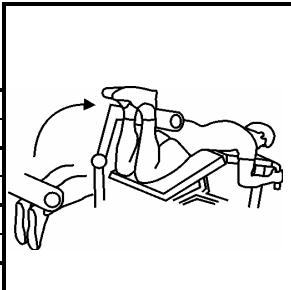
Alter. 2

Note: -Keep back straight, chest out and head up.
-Alternate with B2.

VERSO

B2

Wtt
51,2
Trep
429
Ttime
36,4

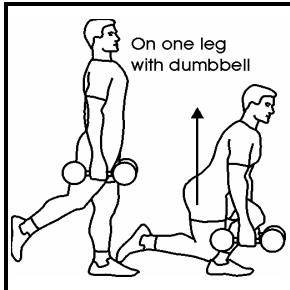


Set	Rep.	Tempo	Rest
3	6	3 1 1	45

Alter. 1

Note: -Pause when you're up.

C1

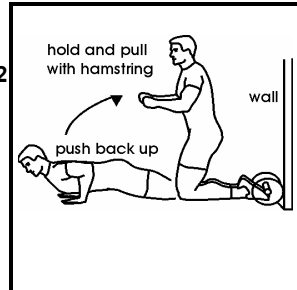


Set	Rep.	Tempo	Rest
2	10	2 2 1	30

Alter. 2

Note: -Keep back straight, chest out and head up.
-Pause when you're down.
-Alternate with C2.

C2



Set	Rep.	Tempo	Rest
2	10	3 1 2	30

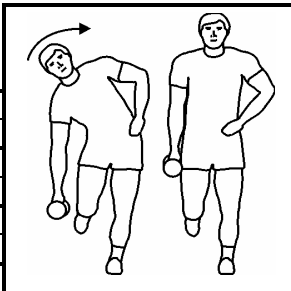
Alter. 1

Note: -Keep contraction for 1 sec. (pause) when you're down.
-Feet under bar.

VERSO

D1

Wtt
51,2
Trep
429
Ttime
36,4

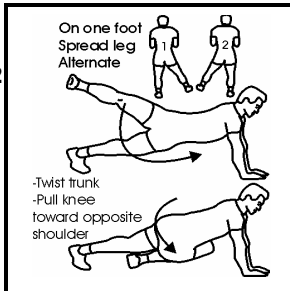


Set	Rep.	Tempo	Rest
3	15	3 1 1	30

Alter. 2

Note: -Always keep abdo contraction.
-Pause when you're down.

D2

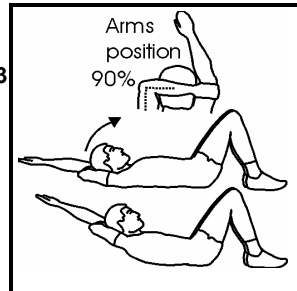


Set	Rep.	Tempo	Rest
3	15	2 1 2	30

Alter. 1

Note: -Always keep abdo contraction.
-Pause when leg is under.

D3



Set	Rep.	Tempo	Rest
3	25	2 1 2	30

Alter. 1

Note: -Always keep abdo contraction.
-Pause when you're up.