

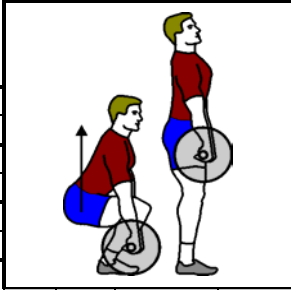
Name: Mr. X [info](#)

Program: 1 [info](#)

Consultant: Mr. Y [info](#)

VERSO

A1
Wtt 56,0
Trep 476
Ttime 37,3



Set	Rep.	Tempo	Rest
4	10	3 0 1	60

Alter. 1

Note: - Chest out and head up
- Go to A2 after one set

[Draw ?](#)

A2

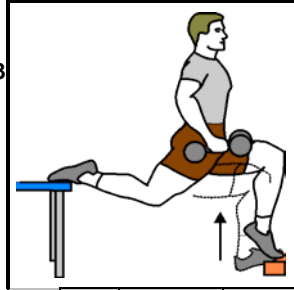


Set	Rep.	Tempo	Rest
4	8	3 1 1	45

Alter. 1

Note: - Pause when you're up
- Go to A3 after one set

A3



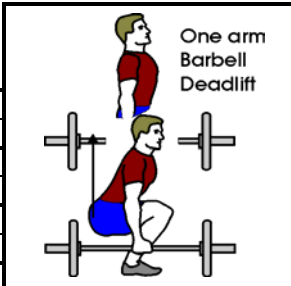
Set	Rep.	Tempo	Rest
4	10	2 1 1	30

Alter. 2

Note: - Pause when you're up
- Go back on A1 after one set

VERSO

B1
Wtt 56,0
Trep 476
Ttime 37,3



Set	Rep.	Tempo	Rest
3	10	2 1 2	45

Alter. 2

Note: - Chest out and head up
- Pause when you're up
- Go to B2 after one set

B2

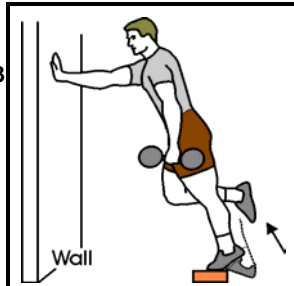


Set	Rep.	Tempo	Rest
3	8	3 0 1	30

Alter. 1

Note: - Go to B3 after one set

B3



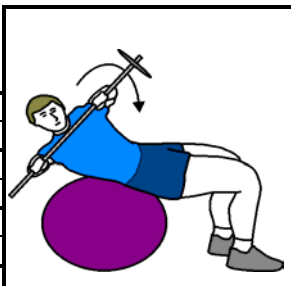
Set	Rep.	Tempo	Rest
3	10	2 1 2	30

Alter. 2

Note: - Pause when you're up
- Go back to B1 after one set

VERSO

C1
Wtt 56,0
Trep 476
Ttime 37,3

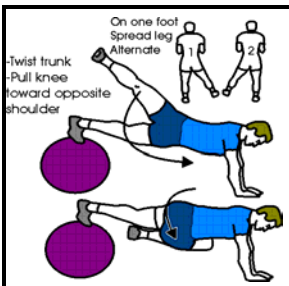


Set	Rep.	Tempo	Rest
3	12	2 1 2	30

Alter. 2

Note: - Unbalance bar
- Pause when you're up
- Alternate after a set on one side
- Go to C2 after one set

C2

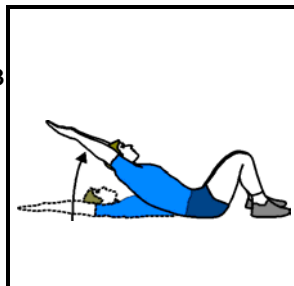


Set	Rep.	Tempo	Rest
3	12	2 1 2	30

Alter. 2

Note: - Pause when you're up
- Alternate after a set on one leg
- Go to C3

C3



Set	Rep.	Tempo	Rest
3	12	2 1 2	30

Alter. 1

Note: - Pause when you're up
- Go back to C1 after one set