	Pushups				Leg Raises			
Monday Variation	Set 1	Set 2	Set 3	Variation	Set 1	Set 2	Set 3	
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Variation	Set 1	Set 2	Set 3	Variation	Set 1	Set 2	Set 3	
	Pridges				Twicte			
Variation		Set 2	Set 3	Variation			Right Set 3	
Variation	3611	3002	3003	variation	MgHt Jet 1	riigiit 3ct 2	Mgmt Set S	
					Left Set 1	Left Set 2	Left Set 3	
					•	•		
Pushups				Leg Raises				
Thursday Variation	Set 1	Set 2	Set 3	Variation	Set 1	Set 2	Set 3	
77			6.12				6.12	
Variation	Set 1	Set 2	Set 3	Variation	Set 1	Set 2	Set 3	
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Bridges				Twicte				
Variation		Set 2	Set 3	Variation			Right Set 3	
Tariation .	3611	5002	3003	Tanadon	1116111 3011		Mgmc 3ct 3	
Saturday					Left Set 1	Left Set 2	Left Set 3	
					25.00001			
	Variation Variation	Pullups Variation Set 1 Bridges Variation Set 1 Pushups Variation Set 1 Pullups Variation Set 1 Bridges	Pullups Variation Bridges Variation Set 1 Set 2 Pushups Variation Set 1 Set 2 Pushups Variation Set 1 Set 2 Pullups Variation Set 1 Set 2 Bridges	Pullups Variation Set 1 Set 2 Set 3 Bridges Variation Set 1 Set 2 Set 3 Pushups Variation Set 1 Set 2 Set 3 Pullups Variation Set 1 Set 2 Set 3 Bridges	Pullups Variation Set 1 Set 2 Set 3 Variation Bridges Variation Set 1 Set 2 Set 3 Variation Pushups Variation Set 1 Set 2 Set 3 Variation Pullups Variation Set 1 Set 2 Set 3 Variation Pullups Variation Bridges	Pullups Variation Set 1 Set 2 Set 3 Bridges Variation Set 1 Set 2 Set 3 Variation Set 1 Set 2 Set 3 Pushups Variation Set 1 Set 2 Set 3 Pullups Variation Set 1 Set 2 Set 3 Variation Set 1 Set 1 Set 2 Set 3 Variation Set 1 Set 1 Set 1 Set 2 Set 3 Variation Set 1 Set 1 Set 1 Set 2 Set 3 Variation Set 1 Set 1 Set 2 Set 3	Pullups Variation Set 1 Set 2 Set 3 Bridges Variation Set 1 Set 2 Set 3 Variation Set 1 Set 2 Set 3 Variation Set 1 Set 2 Set 3 Left Set 1 Right Set 2 Left Set 1 Left Set 2 Left Set 1 Set 2 Set 3 Variation Set 1 Set 2 Set 3 Pullups Variation Set 1 Set 2 Set 3 Variation Right Set 1 Right Set 2	