

	DYNAMIC WARMUP								
	DYNAMIC WARMUP			4x10					
	DYNAMIC WARMUP			4x12					
	DYNAMIC WARMUP			5x2					
	DYNAMIC WARMUP			5x3					
	CORE LIFTS			5x5					
				5x6					
BACK	PULLUPS	x10		5x8	x10		x10		x10
	3x12			5x10	x8		x8		x8
		x12		5x12					
				6x2	x12		x12		x12
				6x3	x12		x12		x12
				6x4	x12		x12		x12
				6x5					
				6x6					
			6x8						
			2x46810						
			2x4568						
CORE	PLANKS	x10		2x5678	x10		x10		x10
	3x681012	x10		2x681012	x8		x8		x8
		x12		2x891012					
				3x46810					
				3x5678	x8		x10		x12
				3x681012	x8		x10		x12
				3x8101215					
				4x46810					
			4x5678						
			4x681012						
			4x8101215						
PG	BB RDL	x8		CUSTOM1	x8		x8		x8
	4x3	x6		CUSTOM2	x6		x6		x6
		x3		CUSTOM3	x3		x3		x3
				CUSTOM4	x3		x3		x3
				CUSTOM5	x3		x3		x3
				CUSTOM6	x3		x3		x3