

Date	Weight	5X	4X	3X	2X	1X	Time				
45° Fly-to-Press	Dum X 2						15				
Bent-to-Standing Cable Crossovers	Mach X 2						Min				
Military Press to Front Raise	EZ X 1						15				
Bent-to-Stand Dum Raise to W Press	Dum X 2						Min				
Rev-Grip Pullover, Press, Tri Extension	EZ X 1						15				
Rope Pressdowns	Mach X1						Min				
Rope Crunches	Mach X 1	20	20	20	20	20	20	20	20	20	10
Side Bends	Dum X 2	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	Min
Ride / Swim / Run / Row / Bag / Rope											

Date	Weight	5X	4X	3X	2X	1X	Time					
Upright Rows	Bar X 1						15					
Shrugs	Dum X 2						Min					
Wide-Grip Pulldowns	Mach X 1						15					
Close-Grip Cable Rows	Mach X 1						Min					
Rope Hammer Curls	Mach X 1						15					
45° Arms-Out Curls	Dum X 2						Min					
Roman Chair	Bench N/A	N/A	20	20	20	20	20	20	20	20	20	10
Side Bends	Dum X 2		10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	Min
Ride / Swim / Run / Row / Bag / Rope												

Date	Weight	5X	4X	3X	2X	1X	Time				
Squats-to-Calf Raises	Bar X 1						15				
Leg Curls	Mach X 1						Min				
Kneeling Rope Chop (Rt)	Mach X1						15				
Kneeling Rope Chop (Lt)							Min				
Hip Abductors (Left)	Mach X 2						15				
Hip Abductors (Right)							Min				
Side Bridge (Rt)	Bench N/A	N/A					10				
Side Bridge (Lt)							Min				
Ride / Swim / Run / Row / Bag / Rope											

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Rope Pressdowns	Mach X1						Min					
Rope Crunches	Mach X 1	20	20	20	20	20	20	20	20	20	10	
Side Bends	Dum X 2		10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	Min
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Roman Chair	Bench N/A	N/A	20	20	20	20	20	20	20	20	20	10
Side Bends	Dum X 2		10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	10L 10R	Min
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Kneeling Rope Chop (Lt)							Min				
Hip Abductors (Left)	Mach X 2						15				
Hip Abductors (Right)							Min				
Side Bridge (Rt)	Bench N/A	N/A					10				
Side Bridge (Lt)							Min				
Ride / Swim / Run / Row / Bag / Rope											