

Day 1 Focus:

Exercise:	Reps:	Sets:	CW:
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Day 2 Focus:

Exercise:	Reps:	Sets:	CW:
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Day 3 Focus:

Exercise	Reps:	Sets:	CW:
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Day 4 Focus:

23,3 1 1 2 2 3 3 5 1			
Exercise:	Reps:	Sets:	CW:
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