

KIND OF WORKOUT	WARMING-UP PVC
PERIODEN	
GOAL WORKOUT	MUSCLE ACTOVATIION HARDBEAT UP
FULLBODY/SPLIT	FULLBODY
WORKOUT METHOD	SINGLE SETS



	WARMING-UP	REPS:	SETS:	WHEIGHT:	PAUSE:	TEMPO:
1	BIHIND THE NECK PRESS FROM WiDE TO SMALL TO WIDE	10				
2	SHOULDER ROLLER	10				
3	DEADLIFT	10				
1	GOODMORNINGS	10				
5	BACK SQUATS	10				
6	OVERHEAD LUNGES	10				
7	BENT OVER ROW	10				
8	UPRIGHT ROW	10				

