



	Exercise	% of 1RM	Sets	Reps	Rest (sec)	Work	Duration
1	Deadlift to Upright Row	70	1	12	15	0m 36s	0m 51s
2	Push Press	80	1	8	15	0m 24s	0m 39s
3	Bilateral Squat to Forward Press	70	1	12	15	0m 36s	0m 51s
4	Physio Ball Trunk Rotations		1	20	15	1m 0s	1m 15s
5	Push Up To Contralateral Limb Raise	70	1	10	15	0m 30s	0m 45s
6	Russian Twist	70	1	12	15	0m 36s	0m 51s
7					Total Duration:	3m 42s	5m 12s

Notice

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