

# UP WORKOUT B

	EXERCISE	SETS	REPS	TEMPO	REST
<b>A1</b>	<b>POSTERIOR CHAIN VARIATION</b> E.G. RACK DEADLIFT	3-4	8-12	2111	30-60SECS
<b>A2</b>	<b>UPPER BODY PUSH VARIATION</b> E.G. LOW INCLINE DUMBBELL PRESS	3-4	8-12	3010	30-60SECS
<b>B1</b>	<b>LOWER BODY PUSH VARIATION</b> E.G. STEP-UP	3-4	10-12	2010	30-60SECS
<b>B2</b>	<b>UPPER BODY PUSH VARIATION</b> E.G. CHEST SUPPORTED DUMBBELL ROWS	3-4	8-12	2011	30-60SECS
<b>C1</b>	<b>POSTERIOR CHAIN VARIATION</b> E.G. LYING LEG CURLS	3	8-12	3010	30-60SECS
<b>C2</b>	<b>UPPER BODY PUSH VARIATION</b> E.G. MACHINE SHOULDER PRESS	3	8-12	2011	30-60SECS
<b>D1</b>	<b>METABOLIC CONDITIONER</b> E.G. DEADMILLS	3-5	15-30 SECS	FAST	45-60SECS

# Poliquin Workout Template

**Lei Shi**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name bar.

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