

UP WORKOUT B

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

Poliquin Workout Template

Daniela Niemeyer

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the light blue bar.

Poliquin Workout Template:

Unveiling the Magic of Words: A Review of "**Poliquin Workout Template**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Poliquin Workout Template**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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