

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 |
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