

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

Gerard Thorne, Phil Embleton

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Poliquin Workout Template:

Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Poliquin Workout Template**

In a world inundated with displays and the cacophony of immediate communication, the profound energy and emotional resonance of verbal art frequently fade in to obscurity, eclipsed by the constant assault of noise and distractions. However, situated within the musical pages of **Poliquin Workout Template**, a interesting perform of literary brilliance that impulses with raw feelings, lies an wonderful journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this interesting opus books readers on a psychological odyssey, softly exposing the latent potential and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is central styles, dissect their fascinating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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