



## Warm-Up Cardio

1.  10-Minute jog RPE 3/10

## Working Set

- Increase weight gradually by 20% each set so that you reach failure in the designated rep range.
- Strip sets mean you go to failure until you can't complete another rep on each set. You then drop the weight. There is no rest between sets in a strip set and you should complete 4 sets (x4).

2.  **Bodyweight Squats** ..... 30 Reps
3.  **Pushups** ..... 25 Reps  
*If less than 5, do them from your knees*
4.  **Machine Chest Press Warmup** ..... 15 Reps x3
5.  **Machine Chest Press Strip Set** ..... 12 Reps x4  
*Rest 1 minute*
6.  **Machine Back Row Warmup** ..... 15 Reps x3
7.  **Machine Back Row Strip Set** ..... 12 Reps x4  
*Rest 1 minute*
8.  **Machine Shoulder O/H Press Warmup** ..... 15 Reps x3
9.  **Machine Shoulder O/H Press Strip Set** ..... 12 Reps x4  
*Rest 1 minute*
10.  **Machine Leg Press Warmup** ..... 15 Reps x3
11.  **Machine Leg Press Strip Set** ..... 12 Reps x4  
*Rest 1 minute*
12.  **Machine Crunch Warmup** ..... 20 Reps x3
13.  **Machine Crunch Strip Set** ..... 12 Reps x4  
*Rest 4 minutes*

## Cooldown Set

14.  Run at 5/10 of your RPE for 10 minutes
15.  Quads, Hamstrings, Chest, Shoulders, and Back



# Mp45 Workout Routine

**B Lingard**



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