



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 x 3
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 x 4
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

Liyong Dong



Mp45 Workout Routine:

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Table of Contents Mp45 Workout Routine

1. Understanding the eBook Mp45 Workout Routine
 - The Rise of Digital Reading Mp45 Workout Routine
 - Advantages of eBooks Over Traditional Books
2. Identifying Mp45 Workout Routine
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mp45 Workout Routine
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mp45 Workout Routine
 - Personalized Recommendations
 - Mp45 Workout Routine User Reviews and Ratings
 - Mp45 Workout Routine and Bestseller Lists
5. Accessing Mp45 Workout Routine Free and Paid eBooks
 - Mp45 Workout Routine Public Domain eBooks
 - Mp45 Workout Routine eBook Subscription Services
 - Mp45 Workout Routine Budget-Friendly Options

6. Navigating Mp45 Workout Routine eBook Formats
 - ePub, PDF, MOBI, and More
 - Mp45 Workout Routine Compatibility with Devices
 - Mp45 Workout Routine Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mp45 Workout Routine
 - Highlighting and Note-Taking Mp45 Workout Routine
 - Interactive Elements Mp45 Workout Routine
8. Staying Engaged with Mp45 Workout Routine
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mp45 Workout Routine
9. Balancing eBooks and Physical Books Mp45 Workout Routine
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mp45 Workout Routine
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Mp45 Workout Routine
 - Setting Reading Goals Mp45 Workout Routine
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Mp45 Workout Routine
 - Fact-Checking eBook Content of Mp45 Workout Routine
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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