



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 Nutrition

A Loxley



Mp45 Workout Nutrition:

Unveiling the Magic of Words: A Overview of "**Mp45 Workout Nutrition**"

In some sort of 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 actually awe-inspiring. Enter the realm of "**Mp45 Workout Nutrition**," a mesmerizing literary masterpiece penned by way of 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 impact on the souls of its readers.

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