



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

Michal Rosen-Zvi



Mp45 Workout Nutrition:

Whispering the Secrets of Language: An Emotional Journey through **Mp45 Workout Nutrition**

In a digitally-driven earth wherever displays reign supreme and quick communication drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases usually get unheard. Yet, situated within the pages of **Mp45 Workout Nutrition** a fascinating fictional prize sporting with natural thoughts, lies a fantastic journey waiting to be undertaken. Written by a skilled wordsmith, that wonderful opus encourages readers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the very material of each word. Within the emotional depths of this poignant review, we will embark upon a sincere exploration of the book's primary subjects, dissect their charming publishing type, and yield to the effective resonance it evokes heavy within the recesses of readers' hearts.

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