



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

Albert A Gayle



Mp45 Workout Nutrition:

The Enigmatic Realm of **Mp45 Workout Nutrition**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Mp45 Workout Nutrition** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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