



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

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