

<b>EXERCISE</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>	<b>Set #4</b>	<b>Set #5</b>
<b>SQUAT 5 reps 50%</b>					
<b>SQUAT 3 reps 75%</b>					
<b>SQUAT 5 reps 100%</b>					
<b>BENCH 5 reps 50%</b>					
<b>BENCH 3 reps 75%</b>					
<b>BENCH 5 reps 100%</b>					
<b>ROWS 5 reps 50%</b>					
<b>ROWS 3 reps 75%</b>					
<b>ROWS 5 reps 100%</b>					

<b>EXERCISE</b>	<b>Set #1</b>	<b>Set #2</b>	<b>Set #3</b>	<b>Set #4</b>	<b>Set #5</b>
<b>SQUAT 5 reps 50%</b>					
<b>SQUAT 3 reps 75%</b>					
<b>SQUAT 5 reps 100%</b>					
<b>OVERHEAD 5 reps 50%</b>					
<b>OVERHEAD 3 reps 75%</b>					
<b>OVERHEAD 5 reps 100%</b>					
<b>DEADLIFT 5 reps 50%</b>					
<b>DEADLIFT 5 reps 75%</b>					
<b>DEADLIFT 5 reps 100%</b>					