

UP & DOWN EXTENDED

REST LINE	120/150"
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DEAD LIFT	20	16	14	10
WORM PUSH UP	8	9	10	11
CLEAN & PRESS	16	14	12	10
REVERSE BENCH	10	11	12	13
SIDE THRUST	16	14	12	1
ROCK UP OVER THE BAR	8	8	8	8

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