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WORKSHEET • X2 SHOULDERS + ARMS

DATE / WEEK						
Warm-Up						
ROUND 1	01. Balance Curl	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____
	02. Arnold Press (Alternate Arms)	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____
	03. Overhead Tricep Pull	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____
	04. Six Direction Shoulder Fly	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____
	05. Crazy Eight (Alternate Arms and Feet Every 8 Reps)	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____
	06. Y-T Fly	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____
	07. Rocket Launcher Tricep Kickback	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____	R ____ W ____
Water Break						

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Water Break						

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