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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		6 triceps dips 1 4 push-ups 8 mtn climbers	6 triceps dips 2 4 push-ups 8 mtn climbers	6 triceps dips 3 5 push-ups 10mtn climbers	6 triceps dips 4 5 push-ups 10 mtn climbers	rest 5
8 triceps dips 6 6 push-ups 10 mtn climbers	8 triceps dips 7 6 push-ups 12 mtn climbers	8 triceps dips 8 6 push-ups 12 mtn climbers	8 triceps dips 9 8 push-ups 15 mtn climbers	10 triceps dips 10 8 push-ups 15 mtn climbers	10 triceps dips 11 8 push-ups 15 mtn climbers	rest 12
8 triceps dips 13 8 push-ups 12 mtn climbers	8 triceps dips 14 8 push-ups 12 mtn climbers	8 triceps dips 15 9 push-ups 12 mtn climbers	8 triceps dips 16 9 push-ups 15 mtn climbers	10 triceps dips 17 9 push-ups 15 mtn climbers	10 triceps dips 18 9 push-ups 15 mtn climbers	rest 19
10 triceps dips 20 9 push-ups 18 mtn climbers	10 triceps dips 21 10 push-ups 18 mtn climbers	10 triceps dips 22 10 push-ups 18mtn climbers	10 triceps dips 23 10 push-ups 20 mtn climbers	10 triceps dips 24 10 push-ups 20 mtn climbers	10 triceps dips 25 11 push-ups 20 mtn climbers	rest 26
12 triceps dips 27 11 push-ups 22 mtn climbers	12 triceps dips 28 11 push-ups 22 mtn climbers	12 triceps dips 29 11 push-ups 22 mtn climbers	12 triceps dips 30 12 push-ups 25 mtn climbers	12 triceps dips 31 12 push-ups 25 mtn climbers	week 1 - 2 sets week 2 - 2 sets week 3 - 3 sets	week 4 - 3 sets week 5 - 3 sets

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