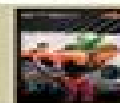


PREMIXES

STS 2.0



GIANT SETS TOTAL BODY

Express	Express #1: No Group 3	40:09
	Express #2: Bilateral Only	31:55
	Express #3: Group 1 Only	21:21
	Express #4: Unilateral Only	26:55
Mish Mosh	Mish Mosh #1: Groups 1, 3, 6, 2	50:44
	Mish Mosh #2: Groups 2, 3, 6, 3	48:04
	Mish Mosh #3: Groups 1, 2, 6, 2	58:57
Extreme	Extreme #1: Bilateral + Double Unilateral	69:32
	Extreme #2: Bilateral 4 Rounds	53:05

SUPER SETS TOTAL BODY

Express	Express #1: Upper Body Only + Calves	46:39
	Express #2: Lower Body Only	18:59
	Express #3: Total Body Single Superset	34:54
	Express #4: Total Body Double Superset	46:33
	Express #5: Total Body without Rest	44:46
Mish Mosh	Mish Mosh #1: Groups 1, 4, 2, 6, 3, 7, 5, 6, 8	58:23
	Mish Mosh #2: Groups 1, 5, 3, 7, 2, 6, 4, 6, 8	58:23
Extreme	Extreme: Total Body Triple Legs	78:43

TRI SETS TOTAL BODY

Express	Express #1: Upper Body Only	43:39
	Express #2: Lower Body Only	22:53
	Express #3: Single Tri Set: Total Body	40:14
	Express #4: Single Tri Set: Upper Body Only	29:17
	Express #5: Split #1 - Groups 1, 2, 6, 3	29:27
	Express #6: Split #2 - Groups 7, 4, 5, 6, 6	36:42
Mish Mosh	Mish Mosh #1: Total Body Legs First	60:10
	Mish Mosh #2: Groups 1, 3, 6, 7, 2, 4, 6, 5	60:10
Extreme	Extreme: Total Body Triple Legs	89:12

UPPER BODY 1

Express	Express #1: One Set Only	45:22
	Express #2: Two Sets Maximum	51:37
Mish Mosh	Mish Mosh #1: Full Workout	63:09
	Mish Mosh #2: No Bands	53:24
Extreme	Extreme: Extra Sets	64:22

UPPER BODY 2

Express	Express #1: One Set Only	41:29
	Express #2: Two Sets Maximum	55:37
Mish Mosh	Mish Mosh #1: Full Workout	59:06
	Mish Mosh #2: No Bands	51:36
Extreme	Extreme: Extra Sets	67:52

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setiap sel di dalam kolom c dikalikan dengan sel terkaitnya dalam baris yang sama di kolom d dan hasilnya ditambahkan jumlah total untuk bahan makanan adalah 78 97

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