

UP WORKOUT B

| | EXERCISE | SETS | REPS | TEMPO | REST |
|-----------|--|------|------------|-------|-----------|
| A1 | POSTERIOR CHAIN VARIATION E.G. RACK DEADLIFT | 3-4 | 8-12 | 2111 | 30-60SECS |
| A2 | UPPER BODY PUSH VARIATION E.G. LOW INCLINE DUMBBELL PRESS | 3-4 | 8-12 | 3010 | 30-60SECS |
| B1 | LOWER BODY PUSH VARIATION E.G. STEP-UP | 3-4 | 10-12 | 2010 | 30-60SECS |
| B2 | UPPER BODY PUSH VARIATION E.G. CHEST SUPPORTED DUMBBELL ROWS | 3-4 | 8-12 | 2011 | 30-60SECS |
| C1 | POSTERIOR CHAIN VARIATION E.G. LYING LEG CURLS | 3 | 8-12 | 3010 | 30-60SECS |
| C2 | UPPER BODY PUSH VARIATION E.G. MACHINE SHOULDER PRESS | 3 | 8-12 | 2011 | 30-60SECS |
| D1 | METABOLIC CONDITIONER E.G. DEADMILLS | 3-5 | 15-30 SECS | FAST | 45-60SECS |

Poliquin Workout Template

Daniela Niemeyer

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Poliquin Workout Template:

Unveiling the Magic of Words: A Review of "**Poliquin Workout Template**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Poliquin Workout Template**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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