Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
<th>Set #4</th>
<th>Set #5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deficit deadlift: 5 sets of 4 reps, rest 2 min.</td>
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<tr>
<td>Dumbbell step-up: 4 sets of 10 reps, rest 30 sec.</td>
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<tr>
<td>Good morning (with band if possible): 4 sets of 15 reps, rest 30 sec.</td>
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<td>Paired set:</td>
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<td>Palloff press: 4 sets of 10 reps, rest 60 sec.</td>
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<tr>
<td>Power clean: 5 sets of 4 reps, rest 2</td>
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</tbody>
</table>