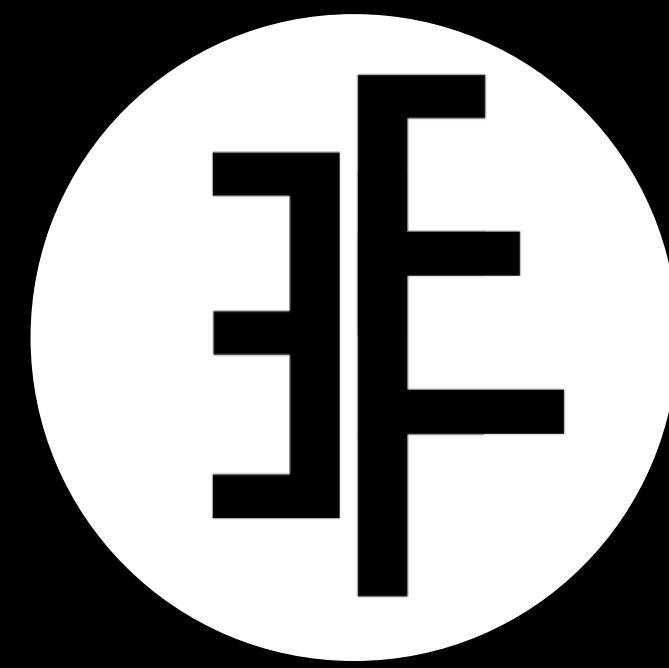


# HYBRID

## Push/Pull/Legs - Advanced+



1	Push #1	Pull #1	Legs #1	Push #2	Pull #2	Legs #2	REST
2	Push #1	Pull #1	Legs #1	Push #2	Pull #2	Legs #2	REST
3	Push #1	Pull #1	Legs #1	Push #2	Pull #2	Legs #2	REST
4	Push #1	Pull #1	Legs #1	Push #2	Pull #2	Legs #2	REST
5	Push #1	Pull #1	Legs #1	Push #2	Pull #2	Legs #2	REST
6	Push #1	Pull #1	Legs #1	Push #2	Pull #2	Legs #2	REST