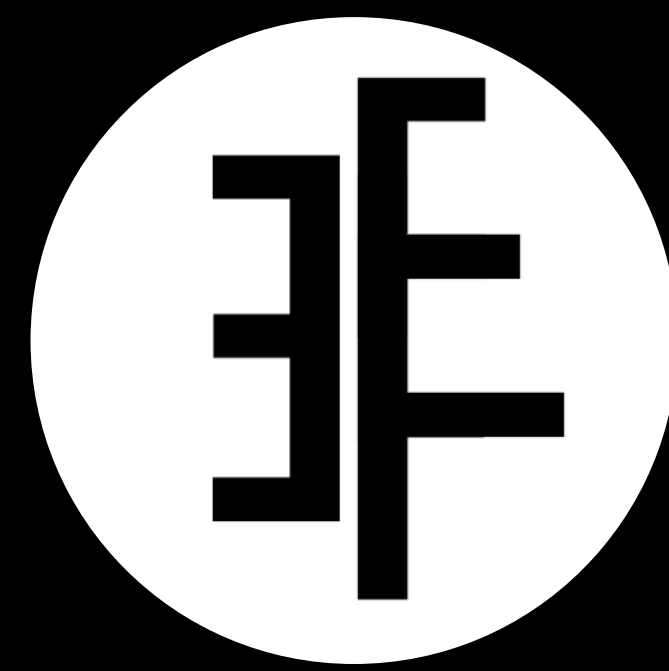


HYBRID



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