

Set #	Exercise Name
1	Exercise:
	Rest 10 Seconds
2	Exercise:
	Rest 10 Seconds
3	Exercise:
	Rest 10 Seconds
4	Exercise:
	Rest 10 Seconds
5	Exercise:
	Rest 10 Seconds
6	Exercise:
	Rest 10 Seconds
7	Exercise:
	Rest 10 Seconds
8	Exercise:
	Rest 10 Seconds