



# Weight Tracking Sheets



## Workout: Super Strength 50

Date: _____				
Warmup				
<b>60 Seconds Per Move</b>				
Sandy Sumo	60 Sec			
RDL Upright Row	60 Sec			
Superman Pull	60 Sec			
Prisoner Press	60 Sec			
Bridge Push	60 Sec			
Double Cross	60 Sec			
Sticky Bear	60 Sec			
T-Row	60 Sec			
Bail Out	60 Sec			
The Wrestler	60 Sec			
Break - 60 Seconds				
<b>45 Seconds Per Move</b>				
Sandy Sumo	45 Sec			
RDL Upright Row	45 Sec			
Superman Pull	45 Sec			
Prisoner Press	45 Sec			
Bridge Push	45 Sec			
Double Cross	45 Sec			
Sticky Bear	45 Sec			
T-Row	45 Sec			
Bail Out	45 Sec			
The Wrestler	45 Sec			
Break - 60 Seconds				
<b>30 Seconds Per Move</b>				
Sandy Sumo	30 Sec			
RDL Upright Row	30 Sec			
Superman Pull	30 Sec			
Prisoner Press	30 Sec			
Bridge Push	30 Sec			
Double Cross	30 Sec			
Sticky Bear	30 Sec			
T-Row	30 Sec			
Bail Out	30 Sec			
The Wrestler	30 Sec			

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