

		landmine clean and jerk					Auxiliary					
		pull from floor, full sit, jump to extension, soft knees on landing					circuit of 4 upper body movements: as heavy as you want, sets of what you want		Over Time: 3 sets of each, 5-8 reps			
Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
1		45	55	70	90			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
		45	55	70	90							
		25	35	45	55							

		landmine clean and jerk					Auxiliary					
		pull from floor, full sit, jump to extension, soft knees on landing					circuit of 4 upper body movements: as heavy as you want, sets of what you want		Over Time: 3 sets of each, 5-8 reps			
Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
2		35	45	65	85			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
		35	45	65	85							
		35	45	65	85							
		35	45	55	70							

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		pull from floor, full sit, jump to extension, soft knees on landing					circuit of 4 upper body movements: as heavy as you want, sets of what you want		Over Time: 3 sets of each, 5-8 reps			
Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
3		25	35	45	55			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
		25	35	45	55							
		25	35	45	65							
		35	45	55	70							

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
4	Esqueda Erich	25	35	45	55			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Thayer Marcus	35	35	45	65							
	Millsap Harris	35	35	55	65							
	Godon Ricardo	15	25	35	45							

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
5	Boorgu Mohith	25	25	35	45			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Cooley Austin	25	25	35	45							
	On Marcus	25	25	35	45							
	Nwadei Nnamdi	25	25	35	45							

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		pull from floor, full sit, jump to extension, soft knees on landing					circuit of 4 upper body movements: as heavy as you want, sets of what you want		Over Time: 3 sets of each, 5-8 reps			
Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
6	Maldonado Mateo	25	35	45	55			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Singh Gurshmron	25	25	35	45							
	Yee Jared	25	25	35	45							
	Taylor Evan	25	25	35	45							
	Gehringer Anthony	25	25	35	45							

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
7	Chohan Sameer	15	25	35	45			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Hawkins Daniel	25	35	45	55							
	Alatorre, Javier	25	35	45	55							
	Bell Andrew	25	25	35	45							

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
8	Kim Minjae	25	25	35	45			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Lambreghts Tyler	25	35	45	55							
	Volpe Dylan	15	25	35	45							
	Vorst Justin	25	25	35	45							

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
9	Roberts Seth	25	35	45	55			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Flores Larry	25	35	45	55							
	Paulson Thomas	25	25	35	45							
	Henderson Hayden	25	25	35	45							

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
10	Lopez Alex	25	25	35	45			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Godon Anthony	25	25	35	45							
	Bhat Siddhant	25	25	35	45							
	Mohanty Rishav	25	25	35	45							

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		pull from floor, full sit, jump to extension, soft knees on landing					circuit of 4 upper body movements: as heavy as you want, sets of what you want		Over Time: 3 sets of each, 5-8 reps			
Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
11	Mika Antone	25	25	35	45			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Veazie Dillon	25	25	35	45							
	Ngante Boris	25	25	35	45							
	Vasquez Daniel	15	15	25	25							

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
12	Zhang Kevin	25	25	35	45			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Lasserre Mayeul	25	25	35	45							
	On Maxwell	25	25	35	45							
	Kirby Grant	25	25	35	45							

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
13	Su Robin	25	25	35	45			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Peters Justin	25	25	35	45							
	Labounty Collin	25	25	35	45							
	Mpeye Neil	25	25	35	45							

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		pull from floor, full sit, jump to extension, soft knees on landing					circuit of 4 upper body movements: as heavy as you want, sets of what you want		Over Time: 3 sets of each, 5-8 reps			
Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
14	Arnesen Kristian	15	25	25	35			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Johnson Kevin	15	25	25	35							
	Patra Aryan	15	25	25	35							
	Singh Sanchit	15	25	35	45							

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
15	Romero Nicolas	15	15	25	25			Bench Press, Shoulder Press, Plate Curls, Tricep Dips				
	Zaghloul Omar	15	25	25	35							
	Zucca Bautista	15	15	25	35							
	Dacal Fernando	15	15	25	35							

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
16	Aflzali	Danial	15	15	25	25			Bench Press, Shoulder Press, Plate Curls, Tricep Dips			
	Raja	Ayaan	15	15	25	25						
	Shamim	Huzaifah	15	25	35	45						
	Garie	Logan	15	15	25	25						

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		pull from floor, full sit, jump to extension, soft knees on landing					circuit of 4 upper body movements: as heavy as you want, sets of what you want		Over Time: 3 sets of each, 5-8 reps			
Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
17	Galindo	Matthew	15	15	25	25			Bench Press, Shoulder Press, Plate Curls, Tricep Dips			
	Craff	Sebastian	15	15	25	35						
	Martinez	Christian	15	15	25	25						
	Silva	Joshua	15	15	25	25						
	Melhi	Nezar	15	15	25	25						

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
18	Zheng	Kelvin	15	15	25	25			Bench Press, Shoulder Press, Plate Curls, Tricep Dips			
	Benim	Edward	15	25	25	35						
	Boyer	Shane	25	25	35	45						
	Ospina	Emilio	25	25	35	45						
	Phillips	Joshua	15	15	25	25						

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
19	Gerrie	Evan	15	15	25	25			Bench Press, Shoulder Press, Plate Curls, Tricep Dips			
	Lam	Luke	15	15	25	25						
	Lint	Jake	15	15	25	25						
	Barrett	Ford	15	25	25	35						
	Michinaux	Carlos	15	15	25	25						

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Name		set 1x5	set 2x5	set 3x3	set 4x3	set 5 x 1-3 challenge		push up, pull up, plate row, incline push up				
20	Caron	Joseph	25	25	35	45			Bench Press, Shoulder Press, Plate Curls, Tricep Dips			
	Gregg	Kaleb	15	15	25	25						
	Meela	Suraj	15	15	25	25						
	Lopez	Kyler	15	15	25	25						
	Lozada	Diego	15	15	25	25						