

Monday Workout

	EXERCISE	REPS	SET 1	SET 2	SET 3
SUPPLEMENT 1	ALTERNATING DUMBBELL PRESS	15 reps, then 10, then 8	REST	REST	REST
	3-POINT DUMBBELL ROW	15 reps, then 10, then 8	REST	REST	REST
SUPPLEMENT 2	INCLINE DUMBBELL PRESS	15 reps, then 10, then 8	REST	REST	REST
	MEDIUM-GRIP LAT PULDOWN	15 reps, then 10, then 8	REST	REST	REST

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