

# TRAINING: DAY 23

Exercise	Sets	Reps	Comment
A BLOCK			
Push press	5	5	Rest 90 seconds between sets and use heavy weights
B BLOCK			
One-arm dumbbell row	3	15	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Hanging leg raise*	3	6	
Glute-ham raise	3	10	
C BLOCK			
Row machine	3	500 meters	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Burpee	3	10	
Handstand push-up	3	6	

## NOTES:

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