

22 Minute

Chest / Shoulder / Back Blast

with Coach Ron Williams

Set #1 – 22:30

Set #6 – 10:00

Set #2 – 20:00

Set #7 – 7:30

Set #3 – 17:30

Set #8 – 5:00

Set #4 – 15:00

Set #9 – 2:30

Set #5 – 12:30

END – 0:00

