



Together! @ConcordiaSupply TAKE HOME MUSIC 21th, 2024 DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 - New York State ...Triscuits® Cheddar Cheese Water Snack Apple Slices Peanut Butter Water Snack Carrot Sticks Hummus Water Snack 1% Or Fat-free Milk Soft Pretzel Snack Pineapple Cubes Yogurt Water Lunch/Supper 1% Or Fat-free Milk Roast Pork Corn Bread Roasted Red Potatoes Collard Greens Or Spinach Lunch/Supper 1% Or Fat-free Milk MorningStar® Garden Veggie 21th, 2024.

Day 1 Day 2 Day 3 Day 4 Day 5 Rest - The Armstrong Workout Workout Of Days 1 Through 4 Rest 90 Seconds Rest 10 Seconds For Each Pull-up In Last Set. Rest 60 Seconds Rest 60 Seconds TRACK IT TRACK IT TRACK IT TRACK IT TRACK IT Set 1 \_\_\_\_ Set 2 \_\_\_\_ Set 3 \_\_\_\_ Set 4 \_\_\_\_ Set 5 \_\_\_\_ Total Pull-ups Per Workout: \_\_\_\_ Make Tick Marks For Each Pull-up, Total After Final Max Effort Set. 4th, 2024

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