


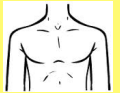



Target Body Part	Exercise #	Exercise	Pipe Mass (kg)	Distance (m) per rep	Work (J) per rep	# Sets	#Reps per set	Total Reps	Total Work (J)	Notes	
	1	squats	4.5	0.3	13.23	2	15	30	396.9		
	30 SECOND REST TIME										
	2	lunges	5	0.4	19.6	1	10	10	196	alternate legs each repetition	
30 SECOND REST TIME											
	3	curls	6.5	0.8	50.96	2	10	20	1019.2		
	4	push press	6.5	0.6	38.22	2	5	10	382.2		
	30 SECOND REST TIME										
	5	overhead lift	6.5	1.6	101.92	2	10	20	2038.4		
30 SECOND REST TIME											
	6	kayak	6.9	0.6	40.572	2	10	20	811.44	alternate sides each time	
	7	standing twists	6.9	0.9	60.858	2	10	20	1217.16	alternate sides each time	
30 SECOND REST TIME											
	8	chest press	7.7	0.8	60.368	1	10	10	603.68		
30 SECOND REST TIME											
	9	carry & walk	8.3	10	813.4	4	10	40	32536	walk in a straight line	
	10	get-up	8.3	1.6	130.144	1	5	5	650.72	keep arms extended	
30 SECOND REST TIME											
total	10			17.6		19	90	185	39851.7		