

Target Body Part	Exercise #	Exercise	Pipe Mass (kg)	Distance per rep (m)	Work per rep (J)	# of Sets	# Reps per set	Total reps	Total work (J)
Legs	1	Squats	10	0.34	98	3	10	30	2940
	2	Lunges	10	0.96	98	3	20	60	5880
			One	Minute	Rest	Time		Rest	
Arms	4	Push Press	10	0.52	98	3	10	30	2940
	5	Bench Press	10	0.52	98	3	10	30	2940
	6	Bisep Curls below	10	0.42	98	3	15	45	4410
	7	Bisep Curls above	10	0.42	98	3	15	45	4410
			One	Minute	Rest	Time			
Total	7					18		240	23520
						# of sets		Total Reps	Total work