

HIIT 100

Week 5 / Workout 2

Exercise	Weight	Sets	Reps
Squat HIIT 100	50% 10RM	10	10
Squat	10RM	3	To failure*
Leg Press	10RM	3	To failure
Leg Extension	15RM	3	To failure
Lying Leg Curl	15RM	3	To failure
Triceps Pressdown HIIT 100	50% 10RM	10	10
Triceps Pressdown	10RM	3	To failure*
Barbell Lying Triceps Extension	15RM	3	To failure
Standing Calf Raise HIIT 100	50% 10RM	10	10
Standing Calf Raise	10RM	3	To failure*
Seated Calf Raise	15RM	3	To failure
Kettlebell Swing	Light	10	10

HIIT 100 exercises: Rest 10 seconds between all 10 sets.

All other exercises: Rest 60 seconds between sets.

*On your last (third) set, after reaching failure initially, do one drop set using the same weight you did for HIIT 100 sets (50% of 10RM).

Hiit 100 Workout

VM Jensen

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the VM Jensen text.

Hiit 100 Workout:

Whispering the Secrets of Language: An Psychological Journey through **Hiit 100 Workout**

In a digitally-driven world wherever screens reign great and quick connection drowns out the subtleties of language, the profound strategies and mental subtleties concealed within words often move unheard. However, nestled within the pages of **Hiit 100 Workout** a charming literary value pulsating with organic emotions, lies an exceptional journey waiting to be undertaken. Written by an experienced wordsmith, that wonderful opus attracts viewers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the cloth of every word. Within the mental depths with this touching review, we can embark upon a genuine exploration of the book is core themes, dissect their fascinating publishing model, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

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