



THE PRESENT

Forrest Frank

Format: Choreographed Strength
Length: 3:02
Instructor: Shannon McCord

Intro (chorus):
Tricep extension w/ calf raises X16

Verse:
Bent over wide Row X16
Bent over alternating tricep extensions X16

Chorus:
Tricep extension w/ calf raises X16

Verse:
Bent over wide Row X16
Bent over alternating tricep extensions X16

Chorus:
Tricep extension w/ calf raises X16

Finish out with preferred move-
Wide rows OR tricep extensions

