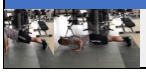
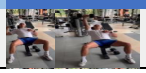
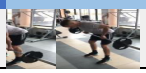
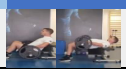
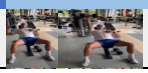
**Team Session**

| | | Push Ups (Normal) | | | | Goblet Squat | | | | DB Incline Bench Press 1-Arm | | | | Bent Over Row | | | | Hip Thrust (Bench) | | | | Box Squat | | | | Romanian Deadlift 1-Leg | | | | DB Incline Bench Press 1-Arm | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |  | | | |
| Name | Notes | % | WT | GR | Done | % | WT | GR | Done | % | WT | GR | Done | % | WT | GR | Done | % | WT | GR | Done | % | WT | GR | Done | % | WT | GR | Done | % | WT | GR | Done |
| 13 | 0 | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |
| 14 | 0 | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |
| 15 | 0 | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |
| 16 | | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |
| 17 | | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |
| 18 | | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |
| 19 | | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |
| 20 | | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |
| 21 | | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |
| 22 | | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |
| 23 | | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |
| 24 | | 27% | | 4 | | 36% | | 5 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 37% | | 4 | | 46% | | 5 | | 51% | | 12 | | 51% | | 12 | | 26% | | 12 | | | | | | | | | | | | | |
| | | 47% | | 4 | | 56% | | 5 | | 51% | | 12 | | 51% | | 12 | | 36% | | 12 | | 72% | | 1 | | | | | | | | | |
| | | 57% | | 4 | | 66% | | 5 | | 51% | | 12 | | 51% | | 12 | | 46% | | 12 | | 72% | | 2 | | | | | | | | | |
| | | 67% | | 4 | | 76% | | 5 | | 51% | | 12 | | 51% | | 12 | | 56% | | 12 | | 72% | | 3 | | | | | | | | | |