



CHAD PINK
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BUILD SHOULDERS

DATE:							
Shoulder Press	15 reps						
	12 reps						
	8 reps						
	8 reps Drop Set						
Lateral Raise	15 reps						
Upright Row							
Lateral Raise	12 reps						
Upright Row							
Lateral Raise	8 reps						
Upright Row							
Upright Row	8 reps DS						
EZ Bar Underhand							
1,1,2 Front Raise	15 reps						
Rear Delt Raise							
EZ Bar Underhand							
1,1,2 Front Raise	12 reps						
Rear Delt Raise							
EZ Bar Underhand							
1,1,2 Front Raise	8 reps						
Rear Delt Raise							
Standing Shrug	15 reps						
Scap Trap							
Standing Shrug	12 reps						
Scap Trap							
Standing Shrug	8 reps						
Scap Trap							
Standing Shrug	8 reps DS						
Sagl Six Way	12 Reps						
Tuck and Roll	15 Reps	r	r	r	r	r	r
Sagl Six Way	8 reps						
Tuck and Roll	15 reps	r	r	r	r	r	r

Body Beast Manual

David Brunner, Sam Stall



Body Beast Manual:

Manual of Sacred History Johann Heinrich Kurtz,1856 *The Councillor's Manual* Scotland,1925 The Councillor's Manual Abijah Murray,1905 *The Daoist Monastic Manual* Livia Kohn,2004-07 This title offers a complete annotated translation of the Fengdao Keije accompanied by three introductory chapters that outline the development of Daoist organisations discuss the date and compilation of the work and introduce key issues of terminology and world view **The Councillor's Manual** ,1902 Manual of Egyptian Archaeology Gaston Maspero,2009 *The Bookman's Manual* Bessie Graham,1924 **The Cat Owner's Manual** David Brunner,Sam Stall,2014-07-01 At last a beginner s guide to feline technology The cat parent s guide to common kitty quirks and what they really mean featuring useful diagrams and hilarious insights Scratch marks on your furniture Dead mice on your doorstep Stray hairs all over your clothes It s enough to make you cry out Why doesn t my cat have an owner s manual And now finally she does Through step by step instructions and helpful schematic diagrams The Cat Owner s Manual explores hundreds of frequently asked questions Which breeds interface best with dogs How can I maintain a quality exterior finish And why does my model always drink from the bathtub Whatever your concerns you ll find the answers here courtesy of celebrated veterinarian Dr David Brunner and acclaimed author Sam Stall Together they provide plenty of useful advice for both new and experienced cat owners **Hacklopedia Field Manual** , The Vampire Combat Manual Roger Ma,2012-10-02 WHEN DARKNESS FALLS WHEN THE UNDEAD RISE WITH A HUNGER FOR BLOOD WHEN THE HUNT IS ON AND YOU ARE THE PREY WILL YOU BE READY In the inevitable event of a vampire attack the average citizen will be forced to engage in vicious hand to hand combat To avoid serious injury disfigurement or death by exsanguination you need to know the proper combat strategies and techniques to ward off a stronger faster more agile undead opponent looking to drain the life from your body Are you prepared With detailed illustrations and firsthand accounts from vampire combat veterans as well as interviews with actual members of the undead this manual provides you with the information you need to survive with your life and blood supply intact including Debunking myths i e vampire flight animal metamorphosis physical attraction to humans Crafting the most lethal vampire weapons from everyday materials The pros and cons of decapitation Weaponizing Ultraviolet UV light against an undead opponent Using the Domicile Histodiscordant Reaction DHR otherwise known as The Vampire Invitation to your advantage Solo attacks team based combat and much more The Vampire Combat Manual is your indispensable key to survival whether in a one on one battle for blood or a face off against multiple attackers Don t wait until the sun goes down prepare yourself now

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