

Together! @ConcordiaSupply TAKE HOME MUSIC Jun 1th, 2024 DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 - New York State
...Triscuits® Cheddar Cheese Water Snack Apple Slices Peanut Butter Water Snack Carrot Sticks Hummus Water Snack 1%
Or Fat-free Milk Soft Pretzel Snack Pineapple Cubes Yogurt Water Lunch/Supper 1% Or Fat-free Milk Roast Pork Corn Bread
Roasted Red Potatoes Collard Greens Or Spinach Lunch/Supper 1% Or Fat-free Milk MorningStar® Garden Veggie May 1th,
2024.

Day 1 Day 2 Day 3 Day 4 Day 5 Rest - The Armstrong Workout Workout Of Days 1 Through 4 Rest 90 Seconds Rest 10
Seconds For Each Pull-up In Last Set. Rest 60 Seconds Rest 60 Seconds TRACK IT TRACK IT TRACK IT TRACK IT TRACK IT Set
1 ____ Set 2 ____ Set 3 ____ Set 4 ____ Set 5 ____ Total Pull-ups Per Workout: ____ Make Tick Marks For Each Pull-up,
Total After Final Max Effort Set. Jan 1th, 2024

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