



# Assessment Track Up

In My Head - 5:39

MUSIC		EXERCISE	REPS
0:01			
0:06 Intro	4x8	Set stance and grip	
0:21 My head my head my head	4x8	2/2 Dead Lift	4
0:36 In my head, I see you	4x8	1/1/1/1 Dead Row	4
0:51 Everybody's looking for	4x8	3/1 Dead Lift	4
1:07 Just leave with me now	4x8	2/2 Dead Lift	4
1:22 In my head, I see you	4x8	1/1/1/1 Dead Row	4
1:37 ...yeahhh	4x8	4/4 Dead Lift	2
1:52 Some dudes know all the	4x8	3/1 Dead Lift	4
2:08 Just leave with me now	4x8	2/2 Dead Lift	4
2:23 In my head, I see you	4x8	1/1/1/1 Dead Row	4
2:38 Break it down, come on	4x8	4/4 Upright Row <span style="color: red;">**Transition to squats**</span>	2
2:53 Just leave with me now	4x8	2/2 Squat	4
3:08 In my head, I see you	4x8	1/1 Squat	8
3:24 In my head, (Rhythm change)	4x8	1/3 Squat	4
3:39 Just leave with me now	4x8	2/2 Squat	4
3:54 In my head, I see you	4x8	1/1 Lunge - Leg 1	8
4:09 In my head, I see you	4x8	1/1 Lunge - Leg 2	8
4:22 Instrumental	4x8	4/4 Squat	2
4:37 Synth instrumental	4x8	4/4 Shoulder Press	2
4:53 ...oooh..synth	4x8	3/1 Shoulder Press	4
5:08 Soft synth instrumental	4x8	Remove the bar, mobilise and start	
5:23 Everybody....	4x8	setting the next track - TOUGH ONE	
Notes:			