



Deadlifts: 10 Reps

SS

Standing BB Push-Press: 10 Reps

SS

BB Squats: 10 Reps

SS

Flat DB Press 10 Reps

5 Rounds: 60 sec rest: Pick a challenging weight that you can stick with for the duration of the 5 rounds: 4:0:1 Tempo

Dips: 10 Reps

SS

Push-Ups: 10 Reps

SS

Pull-Ups: 10 Reps

5 Rounds: 60 sec rest