

Warm-Up
Belt Squat 3x20
45 Degree Back Raise (wide stance) 3x20
Seated Leg Curl 3x20

Buffalo Bar Squat 2x2
SSB Squat 5x3 With 80%
Inverse Curl 3x8
Bulg Split Squat With SSB 3x8
45 Degree Back Raise (change stance at rep 10....wide stance/regular) 2x20
Ball Planks 3x60 sec

Warm-up
Chest Supported Row 3x20
Rear Laterals 3x20
EZ Bar Tri Push 3x20

Bench 3x3
Bench With Grip In 1 Finger 2 Board Press 3x6
Lat Pulldown (Neutral Grip Mag Bar) 3x8 3:3 Tempo
Snatch Grip Shrugs 3x8 3 sec iso
Tri Fold Ins 4x8
DB Curl (ladders up to 5) 2 Rounds
Underhand Band Pull Apart 3x15 (Mini Band)/SS With Chaos Side Raises 3x10

Superset
Superset

Warm-Up
Belt Squat 3x20
45 Degree Back Raise (wide stance) 3x20
Standing Leg Curl 3x20

Deadlift work up to 2 doubles
Deadlift Backdown 5x3 with 80%
Slider Ham Curl 3x15
Pistols 3x8 ecc only
Reverse Hyper 3x8
Anti Rotation Holds 3x35 sec per side (Use a monster mini and red band)

Warm-up
Chest Supported Row 3x20
Prone Bench Rear Laterals 3x20
EZ Bar Tri Push 3x20

Plyo Pushups 5x3
Football Bar Bench 3x8
T Bar Row 3x8
Unilateral Banded Rows With Stirrup Handle 3x20
Tri Pushdown (wide grip) 3 Rest Pause Sets with 3 Intra Set Pauses
Side Raises 3x8 (iso dymic)/ss Prone Bench Rear Laterals 3x8 (iso dynamic)
Incline DB Curl (Ladders up to 5) 2 rounds

Superset 1
Superset 1