

Workout Plan

Legs - Quadriceps, Hamstrings and Calves

Push-press

Barbell back squat to box

Barbell Full Squat

Jumping rope

Power snatch-

Push - Chest, Shoulders and Triceps

Bodyweight Flyes

Dumbbell Bench Press

Lateral Raise

Triceps dip

Decline EZ-bar skullcrusher

Pull - Lats and Middle back

Rocky Pull-Ups/Pulldowns

Reverse-grip bent-over row

One-Arm Dumbbell Row

Incline Hammer Curls