

Workout Plan

Legs - Quadriceps, Hamstrings and Calves

Tire flip

Barbell back squat to box

Jumping rope

Barbell Full Squat

Hang Clean

Natural Glute Ham Raise

Push - Chest, Shoulders and Triceps

Barbell Bench Press - Medium Grip

Reverse Fly

Decline Dumbbell Flyes

Dumbbell Shoulder Press

EZ-Bar Skullcrusher

Cable V-bar push-down

Pull - Lats and Middle back

Pullups

Reverse-grip bent-over row

T-Bar Row

Biceps curl to shoulder press

Hammer Curls