

# Workout Plan

Legs - Quadriceps, Hamstrings and Calves

Tire flip

Power Clean from Blocks

Barbell back squat to box

Weighted donkey calf raise

Push - Chest, Shoulders and Triceps

Pushups

Close-grip bench press

Decline EZ-bar skullcrusher

Pull - Lats and Middle back

Pullups

Bent Over Two-Arm Long Bar Row

Reverse-grip bent-over row

Concentration curl