

Workout Plan

Legs - Quadriceps, Hamstrings and Calves

Tire flip

Power Clean from Blocks

Barbell back squat to box

Clean Deadlift

Weighted donkey calf raise

Smith Machine Calf Raise

Push - Chest, Shoulders and Triceps

Pushups

Reverse Fly

Close-grip bench press

Overhead Press

Decline EZ-bar skullcrusher

Pull - Lats and Middle back

Pullups

Bent Over Two-Arm Long Bar Row

Reverse-grip bent-over row

Pull-up

Concentration curl

Barbell Curl