

Today's Workout

Begin with a 10 minute warm up (bike, jog, or erg)

- 5x5 Bench Press
- 4x6 Chest Fly
- 3x8 Skullcrushers

- 5x5 Bent-over Row
- 4x6 Lateral Pull-Downs
- 3x8 Bicep Curl

Finish with a 10 minute cool down (slow bike, jog, stretch)