

2025-07-02 - Full Body

Chin-ups — No Assist - 8, 5

8, 6

Neck — Side Head on Bench - L - 30,30 R - 30,30

L - 5# x 30, 12# x 25 R - 5# x 30, 12# x 25

Push-Ups - Narrow - PS Feet on Floor — 9, 6

10, 8

Glutes - Hip Thrusts - 95# x 24, 15

115# x 20, 12

Traps - Hex Bar - 180# x 20, 20

190# x 20, 20

Lower Back - GHD - #4 Hole x 18, 8

20, 13

One Arm Rear Shoulder Press - 25# x 17, 12

25# x 20, 16

Ab Wheel - 0# x 12, 8

13, 8

Hammer Curls - Inside - 20#

Alternating - 20# x 30, 25# x 30

Inside Squat - WV70# x 25, 22

WV70# x 30, 12

Standing Triceps Extensions - Behind Head - 15# x 22, 20# x 10

20# x 15, 16