

## 2025-07-14 - Full Body

Chin-Ups - No Assist - 0# x 8, 5

8, 6

Neck - Back Head on Bench - 0# x 14, 10

15, 12

Push-Ups- Narrow - PS Feet on Floor - 0# x 11, 7

12, 7

Back Squat - 90# x 10, 8

16, 12

Traps - Hex Bar - 190# x 21, 15

210# x 12, 8

Lower Back - GHD - #4 Hole - 0# x 15, 6

16, 8

One Arm Rear Shoulder Press - 25# x 20, 16

25# x 21, 30# x 10

Ab Wheel - 0# x 13, 8

0# x 14, 8

DB Incline Curls - Both Arms Same Time - 30# x 12

30# x 13, 8

Hamstrings-Step-MF Free Knee - 8# x 25, 20

12# x 20, 20

Standing Triceps Extensions - Behind Head - 20# x 16, 14

20# x 18, 25# x 8