
1 HEAVY LOADS? WHO ELSE DARES

1. Behind the Back Deadlift 1 Rep Max
 2. 20 Rep Squats
 3. Deathly Dips + Pull-ups
 4. Incline Curl 3x4-10
 5. Pushdowns + Hammer Curls
 6. Sit-ups + Neck Curls
-

2 GET OUT OF THE WAY JOHNY PENCIL NECK

1. Deadlift 3x5 **OR** 5x5
 2. 20 Rep Squats
 3. DB Overhead Press + Neutral Pull-ups
 4. Ez Bar Curl + Ez Bar Skullcrusher
 5. Lu Lateral Raise + Band Facepulls
-

3 THANKS FOR BEING MAH FRIEND

1. RDL 2-3x6-10
 2. 20 Rep Squats
 3. Reverse Bench Press + Chin-ups
 4. Incline Chest Press + Pullovers
 5. Ez Bar Preacher Curls + Overhead Extention
-