
2^a Gigantically Wide Doorframe Destroying Shoulder Girdle Yolk of Death

1. Bench Press 3x3-5 + Backoff sets + Band pull-aparts AMRAP
 2. Half-rom Horsecock BTN Press 3x6-10 + Overloaded Pull-Ups 3x4-6
 3. (Normal) BTN Press + AMRAP Pull-ups
 4. Pullover 3x6-10 + DB Skullcrusher 3x10-15 + Decline Weighted Sit-ups 3x8-12
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3^a Juicy Robust Rotund Godzilla Lower Body

1. BB Squats 3x4-8
 2. RDLs 4x8-12 + SL Calf Raises
 3. Incline Curl 3x4-10 + Upright Rows 4x8-12
 4. 1 Arm Machine Rows 4x8-12 + Neck Curls 4x10-15
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5^a Atlas Bench Pressing the Fucking World

1. Reverse Bench Press 3x3-5 + Overloaded Wide Grip Pull-ups
(Backoff sets)
 2. Deathly Dips 5 sets + Wide Grip Pull-ups AMRAP
 3. Shoulder Press 5x6-10 + Pinwheel Curls 5x8-15
 5. DB Skull Crushers 4x6-10 + Russian Twists 4x8-12
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6^a Absolutely Freaky Human Car Jack Horse Training

1. Deadlift 3x3-5 + SL Calf Raises
 2. Hack Squats 4x8-12
 3. Preacher Curl 4x8-12 + DB Lateral Raises 4x8-12
 4. Yates [OR](#) Kroc Row 4x8-12 + Neck Curls 4x10-15
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