



Deadlifts: 6 Reps (Heavy): 4:0:1 Tempo

SS

Squats: 6 Reps (Heavy): 4:0:1 Tempo

SS

Neutral Grip Pull-Ups: 10 Reps: 4:0:1 Tempo

SS

Decline Push-Ups: 20 Reps: 3:0:1 Tempo

3X6 min rounds: No Rest: Only REST you get is after you've completed 1 six minute round. 75 sec rest between each round: Keep a timer on you and push your self!