

Push- Ups: x3- 20 Reps: Rest-Pause to failure

- **Rest- Pause means after you hit 20 reps you will take a 3-5 sec break and than bust out as many reps as you can: you will do this for a total of 3 sets- 30 sec rest after rest-pause set**

Dips: x3 15 Reps: Rest- Pause: Same Execution as the set above: 30 sec rest after rest-pause set

Neutral Grip Pull-Ups: x3 12 Reps: Rest- Pause: 30 sec rest

Jump-Squats: x3 20 Reps: Rest-Pause: 30 sec rest

Hanging Knee Tucks: x3 15 Reps: Rest Pause: 30 sec rest

Decline Push-Ups: x3- 20 Reps: Rest Pause: 30 sec rest