

**Deadlifts: (Heavy as you can): 8 Reps 4:0:1 Tempo
SS**

**Standing Push-Press (Heavy as you can): 8 Reps
4:0:1 Tempo
SS**

**Neutral Grip Pull-Ups (Heavy as you can): 8 Reps
4:0:1 Tempo
SS**

**BB Squats: (Heavy as you can): 8 Reps
4:0:1 Tempo**

5 Rounds: 60 sec rest between each round