

**DB Squats (Heels Elevated): 20 Reps**

**SS**

**Dips: 20 Reps**

**SS**

**Deadlifts: (Heavy): 8 Reps**

**SS**

**Standing Push-Press (Heavy): 8 Reps**

**SS**

**Eccentric Pull-Ups: (Focus on the negative/the descend of the pull up) go as slow as you can for 20 seconds: 2 Reps**

**4 Rounds: 75 sec rest**