

Wednesday										
Pre-Lift: Dynamic Warm Up B										
Lift										
Exercise	Rest	Tempo	Set 1		Set 2		Set 3		Set 4	
			Reps	Load	Reps	Load	Reps	Load	Reps	Load
Barbell Clean Complex (5 reps each) <small>(clean pull-muscle clean-front squat to overhaed press-bent over row)</small>	60 sec		25		25		25			
Barbell RDL	30 sec		10		10		10			
Inverted Row Plus or Seated Row Plus	30 sec		10		10		10			
DB Slit Squat	30 sec		10		10		10			
Standing DB Shoulder Press	30 sec		10		10		10			