

Reps 6-8 (4-6 for those with 2 or more years lifting experience)  
Sets 3  
Rest Interval 3-4 Minutes  
TUT 3-0-X-0

Sumo-Style Deadlifts  
Overhand Pull-Ups  
Dips

Swiss Ball Curls 8-10 Reps  
Teres Minor Raise 2X8-10 Reps 2-0-2-0  
Scapula Squeezes 2X8-10 Reps 2-0-2-2 (Hold squeeze for two seconds)

Plyometrics 1 set - Explosive

Squat Jumps 10  
Clap Push-Ups 10  
Overhead Throws 10