Friday- (5/16)

Wild Card Workout

800 Rep Workout

10X10- Deadlifts- 60 sec Rest

10X10- Leg Raises- 30 sec Rest

10X10- Arnold Presses- 30 sec Rest

10X10- Back Squats- 60 sec Rest

10X10- Leg Extensions- 30 sec Rest

10X10- Barbell Rollouts- 30 sec Rest

10X10- Straight Bar Curls- 30 sec Rest

10X10-Tricep Push Downs- 30 sec Rest