



## *Wild Card Workout*

### *Functional/Barbell HIIT Complex*

*Deadlifts: 8 Reps 3:1 Tempo*

*SS*

*Back Squats: 8 Reps 3:1 Tempo*

*SS*

*Pull-Ups 2 Reps 20:1 Tempo – 20 second negative hold as long as you can*

*SS*

*Push-Ups 25 Reps*

*SS*

*BB Push-Press 8 Reps 3:1 Tempo*

*SS*

*Flat Bench Press 8 Reps 3:1 Tempo*

*SS*

*Bear Crawls*

*5 Rounds: 60 sec Rest*