



All 7's Barbell Complex

Back Squats: 7 Reps 4:0:1 Tempo (Heavy)

SS

Deadlifts: 7 Reps 4:0:1 Tempo (Heavy)

SS

Overhead Press: 7 Reps 4:0:1 Tempo (Heavy)

SS

Bench Press: 7 Reps 4:0:1 Tempo (Heavy)

SS

Mountain Climbers: 77 Reps

7 Rounds: 60 sec rest between each round