

Warm-ups

Barbell Warm-up:

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|-------------------|---|--------|
| 1. Power Shrugs | x | 8 reps |
| 2. High Pull | x | 6 reps |
| 3. S-L-D-L | x | 8 reps |
| 4. Hang Clean | x | 6 reps |
| 5. Front Squat | x | 8 reps |
| 6. Military Press | x | 6 reps |

Repeat for 2nd set, but add 10-20 lbs.

Weighted Pole Series:

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|---------------------------------|---|------------------|
| 1. Side to side pendulum swings | x | 24 total |
| 2. Straight Arm Front Raise | x | 10 reps |
| 3. S-L-D-L | x | 10 reps |
| 4. Behind-the-neck/Pull-across* | x | 6 each direction |
- *while holding bar, put one hand directly behind your head – pull bar across until other hand is now behind your head – rotate hand out with arm at full length and rotate until hand is in same position behind head*
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|------------------------------------|---|---------|
| 5. Overhead Squat | x | 8 reps |
| 6. (5) S-L-D-L to (1) Forward Roll | x | 10 reps |

Repeat for 2nd set