

BAR COMPLEX (USE BAR ONLY)

- 1. HIGH PULL X 5**
- 2. HANG CLEAN SINK INTO
FRONT SQUAT X 5**
- 3. HANG SNATCH SINK INTO
OVERHEAD SQUAT X 5**
- 4. GOOD MORNING X 5**
- 5. BACK SQUAT/ BEHIND NECK
PUSH JERK X 5**
- 6. BENT OVER ROW X 5**