



Compound Destroyer

Challenge Workout

Exercise	Rest	Sets	Reps	Weight	Notes
Deadlift	2:00-3:00	8	5 5 5 5 5 5 2 1		
Barbell clean	2:00-3:00	4	3 3 3 1		
Squat	2:00-3:00	6	6 6 6 3 2 1		
Tire flips superset Sled run to reverse sled	2:00-3:00	4			40 feet for tires 20 feet for sled/reverse