

## **Competition "300"**

Minimize your rest between sets

-25 pull-ups/Lat pull downs for OL/DL

-25 deadlifts (150-200 pounds)

-50 pushups (**25 close grip, 25 normal**)

-25 24-inch box jumps

-50 floor wipers (basically bench pressing 115-135 pounds, but holding the weight in the air while you swing your legs up and down, L/R while not touching the floor. The ultimate Ab workout.)

-25 single arm clean-and-press with kettle bell wt that is manageable

-25 dips/ assisted for OL/DL

-25 Jammer extension split 12/13

-50 Scissor Squat Jumps (split 25 w/ 30sec rest)

Once complete, if time remains you can complete;

Bicep

Tricep