

Complex A

Row

Clean

Front Squat

Military Press

Back Squat

Good Mornings

Complex B

Dead Lift

Clean Pull

Close Grip Snatch

Back Squat

Good Mornings

Row

Complex C

Hang Snatch

Overhead Squat

Back Squat

Good Mornings

Row

Dead Lift

Complex D

Upright Row

Close Grip Snatch

Back Squat

Behind Neck Press

Good Mornings

Row

Complex E

Power Clean

Press

Back Squat

Good Mornings

Behind Neck Press

Front Squat

Complex F

Overhead Squat

Back Squat

Good Morning

Front Squat

Rows

Deadlift