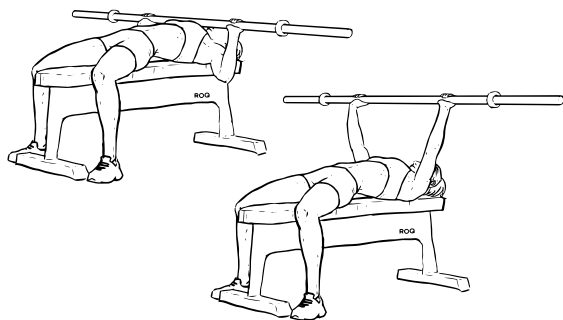


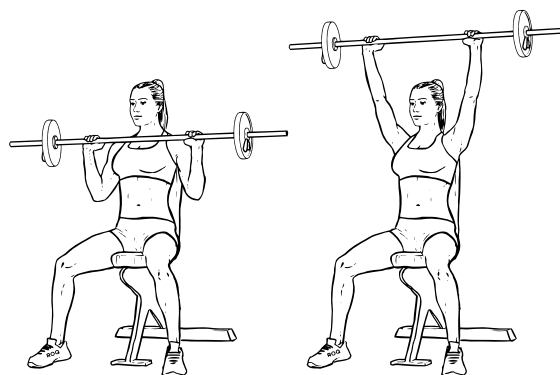
# Off Season, WK 1-4, Days 1 & 3

## Barbell Bench Press / Chest Press



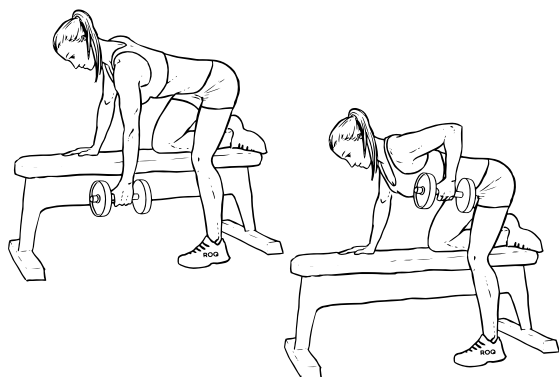
**3** sets **20** reps

## Seated Barbell Military Press



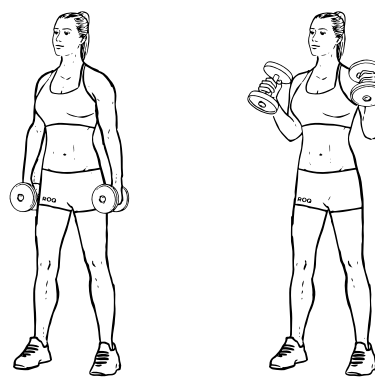
**3** sets **20** reps

## One-Arm Dumbbell Row



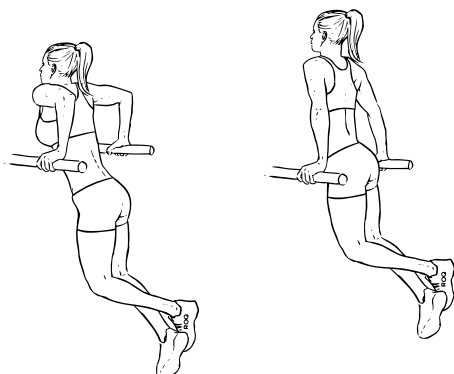
**3** sets **20** reps

## Hammer Curls



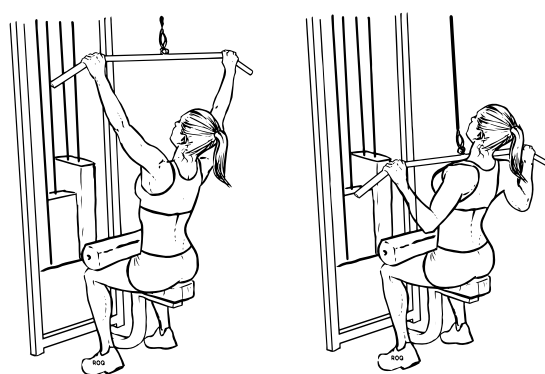
**3** sets **20** reps

## Triceps Dips



**2** sets **20** reps

## Wide-Grip Lat Pulldown



**2** sets **20** reps