



The Reaper

Coast Barbell Club Inc ©

1. 10 OVERHEAD SQUATS
 2. 10 PRESS UPS WITH CHAIN OVER SHOULDERS
 3. 10 BODYWEIGHT DEADLIFTS
 4. 10 BURPEES
 5. 10 HANGING LEG RAISES - BAND RESISTIENCE
 6. 10 CLEANS FROM FLOOR TO SHOULDER - 50% BW
 7. 20 BAND CURLS
 8. 10 PULSING ZERCHER SQUATS - 50% BW
 9. 10 LANDMINES -20KG
 10. 10 MOUNTAIN CLIMBERS
- Rest only 2 minutes between circuits!