

warmup:

2×5 wall squats

2×5 RDL

2×10 squats

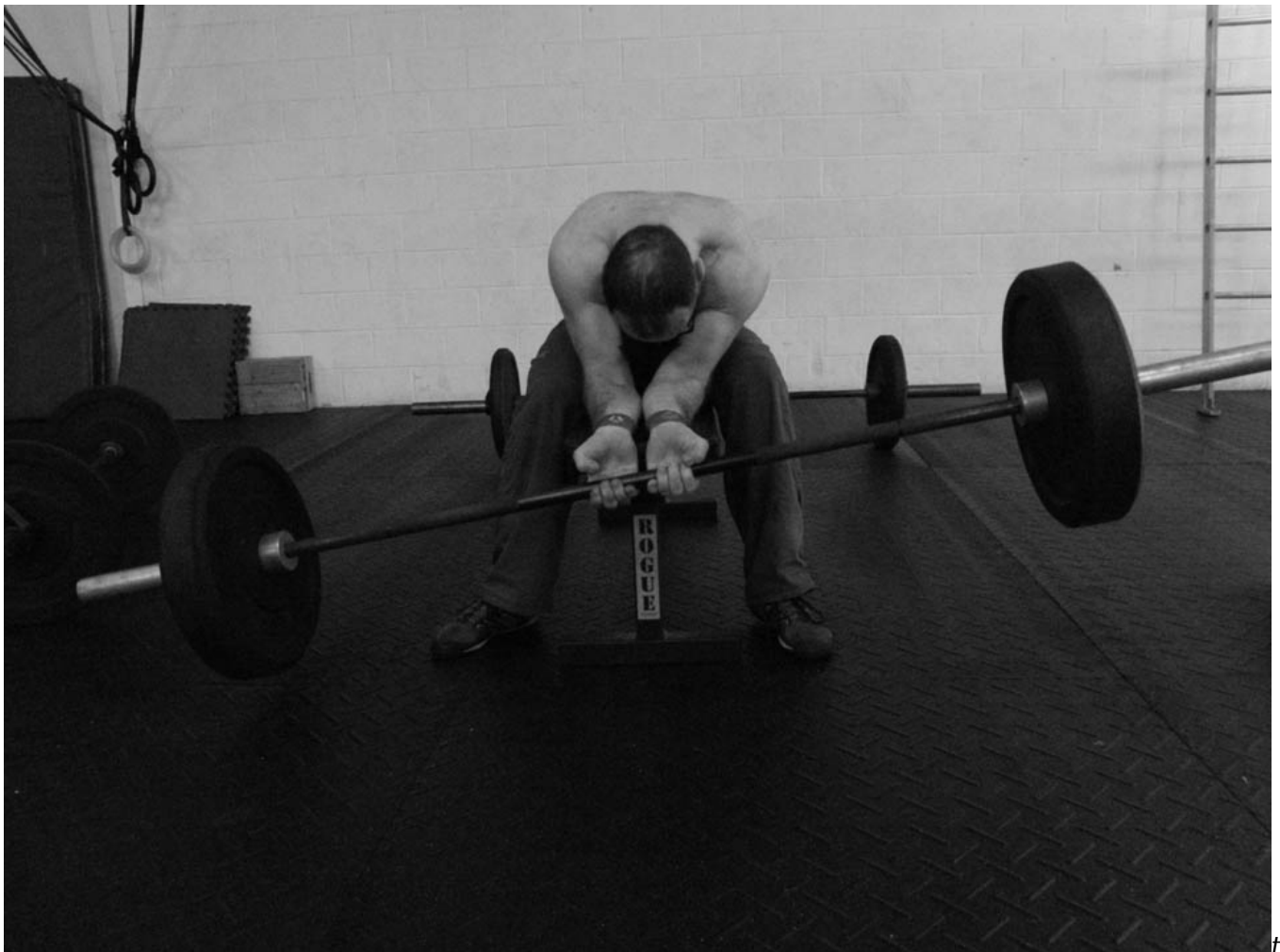
workout:

6 way BB complex - 3 rds

2:00 AD 15/15 - over/unders 3:00 rest

3 rds

100x KB swings



*the man of steel mass gain program starts week 3 tomorrow. it has been interesting, a new stressor - going to failure, the food, the sleep... it wears differently, i am not used to dealing with this specific type of discomfort. if for no other reason, i am glad to have taken this path...*