## warmup:

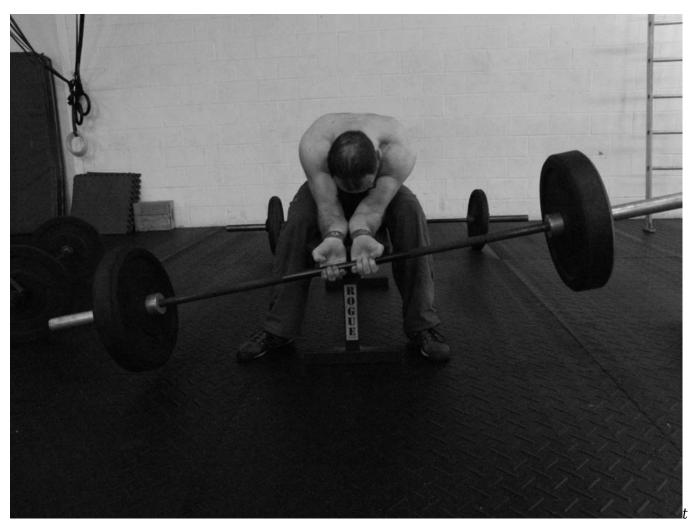
2×5 wall squats 2×5 RDL 2×10 squats

## workout:

6 way BB complex - 3 rds

2:00 AD 15/15 - over/unders3:00 rest 3 rds

100x KB swings



he 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...