Week of 7/1:

* Warm-Up
* Barbell Squat
	+ 3-4 sets of 8-15 reps
* Barbell deadlift
	+ 4 sets of 8-15 reps
* Seated DB bent over rear Delt Raise
	+ 3-4 sets of 8-15 reps
* Barbell Bench Press (Close Grip)
	+ 3-4 sets of 15-20 reps
* DB Flyes
	+ 3-4 sets of 8-15 reps