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