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Strength Workout - Old School Iron Gym

Bench 3x3 Bench With Grip In 1 Finger 2 Board Press 3x6 Lat Pulldown (Neutral Grip Mag Bar) 3x8 3:3 Tempo Superset Snatch Grip Shrugs 3x8 3 Sec Iso Superset Tri Fold Ins 4x8 DB Curl (ladders Up To 5) 2 Rounds Underhand Band Pull Apar 1th, 2024

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COLOR: Black Or Black With Flecks Of Colored EPDM Rubber TENSILE STRENGTH: 350 Psi HARDNESS: 60-64 Shore A FLAMMABILITY: Passes Federal Flammability Standard Doc FF 1-70 CPSC DIMENSIONAL STABILITY: +0.242% At Two Hours @ 60°C -0.092% At 48 Hours @ 20°C & 65% 2th, 2024

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