Week of 6/24:

* Warm-Up
* Barbell Lunge
	+ 3-4 sets of 8-15 reps
* Barbell deadlift
	+ 4 sets of 8-15 reps
* Seated DB Press
	+ 3-4 sets of 8-15 reps
* DB One-Arm Tricep Extension
	+ 3-4 sets of 8-15 reps
* Push-Ups
	+ 3-4 sets of 12-15 reps