Workout 3 days a week. Day by day.

Day 1:
PAUSED SQUAT
4 sets of 6-8 reps with 1 min. rest

STANDING MILITARY PRESS
4 sets of 6-8 reps; 1 min. rest

SINGLE-LEG ROMANIAN DEADLIFT
4 sets of 8-10 reps; 2 min. rest

EZ-BAR CURL
4 sets of 8-10 reps; no rest

CLOSE-GRIP BARBELL BENCH PRESS
4 sets of 8-10 reps; 1 min. rest

Day 2:
CLEAN HIGH PULL
4 sets of 5-10 reps; 1 min. rest

BARBELL ROW
5 sets of 10 reps; 1 min. rest

BENCH PRESS
4 sets of 6-10 reps; 40 sec. rest