

This combination ensures a comprehensive workout that engages multiple muscle groups, promoting overall strength and conditioning. Here is how you might structure the workout:

1. **Squats:** 3 sets of 8-12 reps
2. **Deadlifts:** 3 sets of 6-10 reps
3. **Pull-ups or Chin-ups:** 3 sets of as many reps as possible (or 8-12 reps if assisted)
4. **Push-ups or Bench Press:** 3 sets of 8-12 reps
5. **Farmer's Walk:** 3 sets of 30-60 seconds or a set distance

This routine provides a balanced full-body workout, hitting major muscle groups and incorporating both strength and conditioning elements.

[illegible]