



## Today's Workout

Here are a couple of very short videos of me deadlifting today. Might as well post them here, even though they're not as earthshaking as Kanye.

Deadlifts today, 275 x 3 for heaviest set.

[pic.twitter.com/D9SZxspmRv](https://pic.twitter.com/D9SZxspmRv)

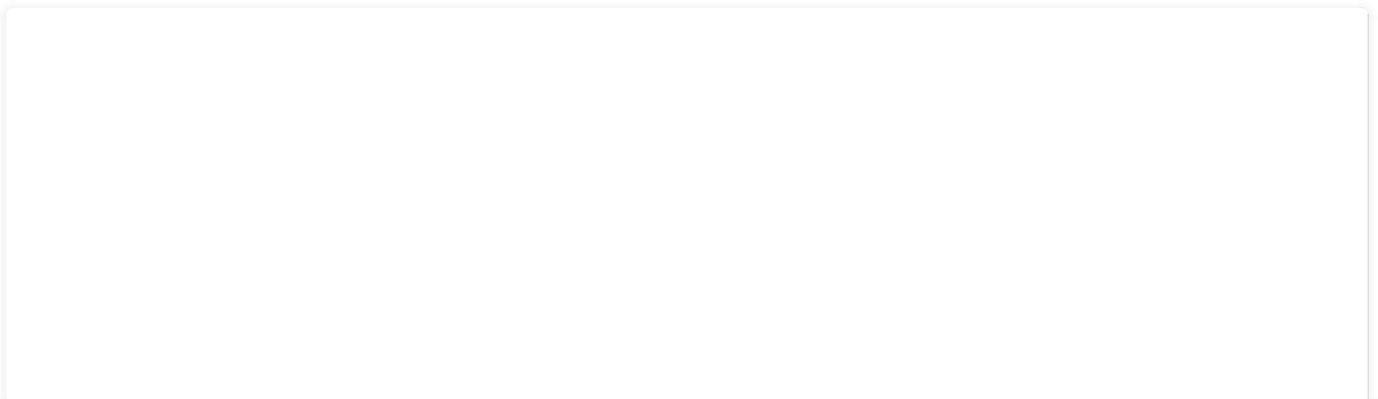
– P. D. Mangan  (Mangan150) [April 24, 2018](#)

A couple more:

Here's 2 more [pic.twitter.com/cKnxgBq9MR](https://pic.twitter.com/cKnxgBq9MR)

– P. D. Mangan  (Mangan150) [April 24, 2018](#)

Other exercises I did today included T-bar rows, like so (from an earlier date):





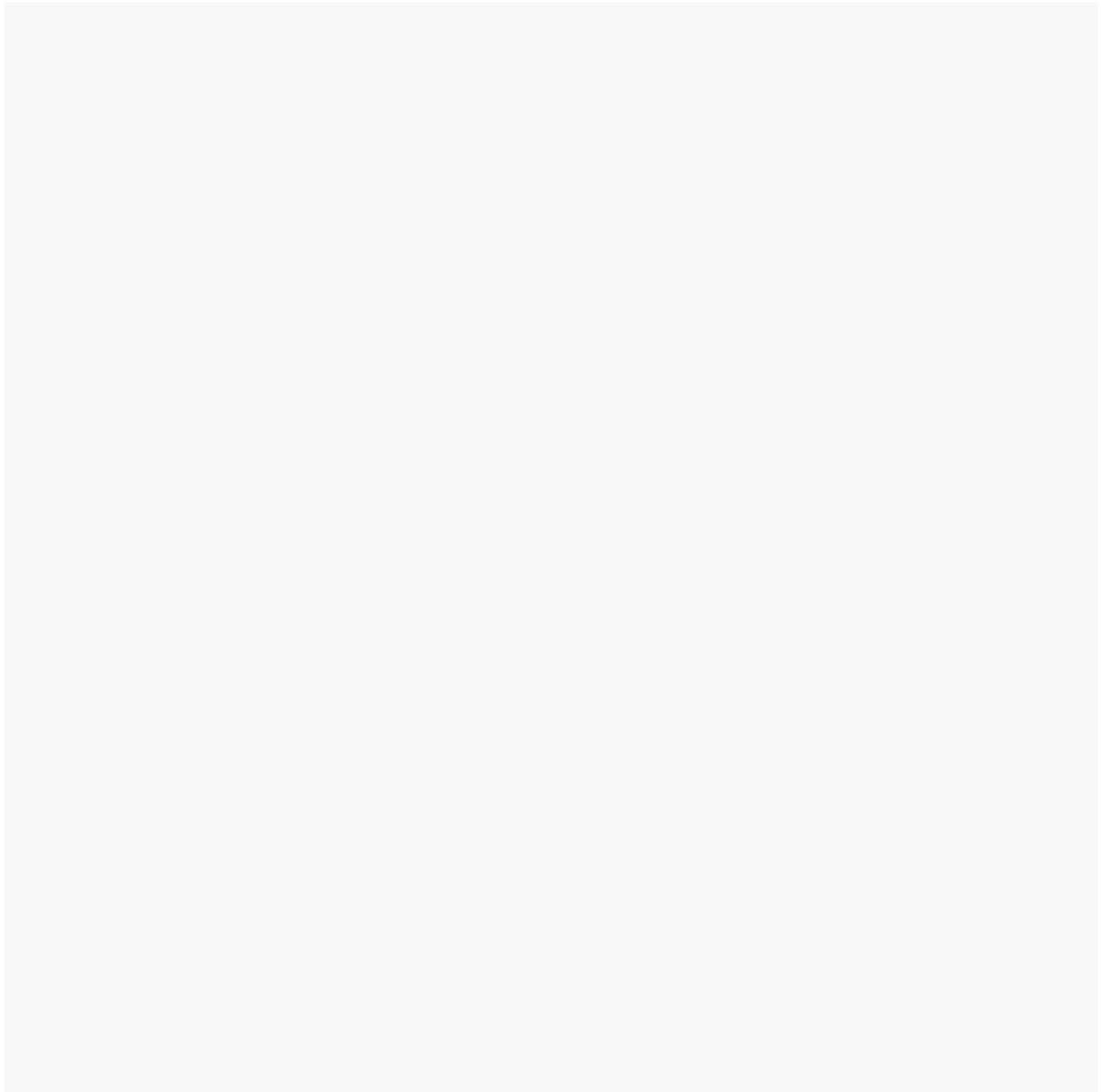
Rows

A post shared by [P. D. Mangan \(@pdmangan\)](#) on Apr 7, 2018 at 7:34pm PDT

I did a drop set on the rows, like I do on most exercises – squats and deadlifts being exceptions.

I also did:

- cable crossover (chest)
- chest press
- weighted dips, Girona dips
- triceps pulldown, overhead triceps pulldown
- preacher curls, hammer curls

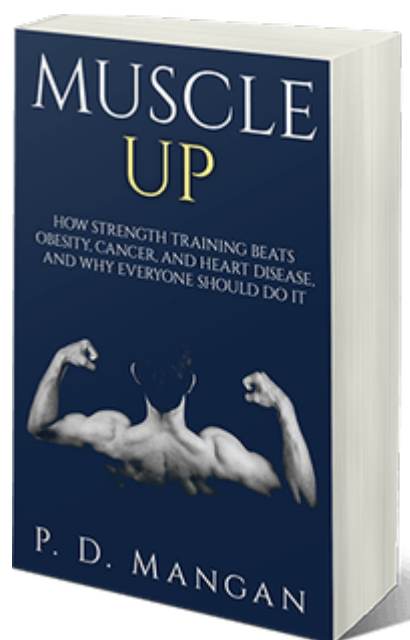


Curls.

A post shared by [P. D. Mangan \(@pdmangan\)](#) on Feb 19, 2018 at 7:24pm PST

Metabolic finisher was deadlifts, 155 lbs x 15.

**PS: Don't forget to [Muscle Up](#).**



**PPS: [Check out my Supplements Buying Guide for Men](#).**