

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>WORKOUT 3 SETS 250m Row 30 Air Squats 25 Sit-Ups 20 Push-Ups 15 Ring Rows</p> <p>-Rest 1:00 b/t Sets-</p> <p>-17:00 Hard Cap-</p> <p>(Score is Time Each Set)</p> <p>***HOME VERSION*** 3 SETS 25 Backpack Cleans 30 Air Squats 25 Sit-Ups 20 Push-Ups 15 Backpack Bent Over Rows</p> <p>-Rest 1:00 b/t Sets-</p> <p>(Score is Time Each Set)</p>	<p>WORKOUT EMOM x 9 MINUTES MIN 1 - :40 MAX Double-Unders MIN 2 - 10 DB Front Rack Alt. Step-Ups MIN 3 - 14 Box Jumps</p> <p>-2:00 Rest-</p> <p>AMRAP x 3 MINUTES MAX Burpees</p> <p>(Score is Total Number of Burpees)</p> <p>OPTIONAL FINISHER FOR QUALITY* 50 (Weighted) Sit-Ups 50 Hollow Rocks *Break up the movements in any order and any rep scheme.</p> <p>(No Measure)</p> <p>***HOME VERSION*** EMOM x 9 MINUTES MIN 1 - :40 MAX Jump Rope or Mountain Climbers MIN 2 - 10 Backpack Front Rack Lunges MIN 3 - 14 Jump Squats w/ Backpack</p> <p>-2:00 Rest-</p> <p>AMRAP x 3 MINUTES MAX Burpees</p> <p>(Score is Total Number of Burpees)</p> <p>OPTIONAL FINISHER FOR QUALITY* 50 (Weighted) Sit-Ups 50 Hollow Rocks *Break up the movements in any order and any rep scheme.</p>	<p>WORKOUT 5 SETS :20 MAX Cal. Bike :40 Recovery Bike</p> <p>-No Additional Rest b/t Sets-</p> <p>(Score is Total Number of Calories)</p> <p>-Rest 2:00-</p> <p>AMRAP x 7 MINUTES 10 Plate Ground to Overhead 10 Plate Press-Outs 100m Run</p> <p>(Score is Rounds + Reps)</p> <p>***HOME VERSION*** 5 SETS :20 MAX Distance Run :40 Recovery Jog</p> <p>-No Additional Rest b/t Sets-</p> <p>(No Measure)</p> <p>-Rest 2:00-</p> <p>AMRAP x 7 MINUTES 10 Backpack Ground to Overhead 10 Backpack Strict Press 100m Run</p> <p>(Score is Rounds + Reps)</p>	<p>WORKOUT AMRAP x 16 MINUTES* 20 Russian KBS 30 Mountain Climbers 10 American KBS 15 Sit-Ups</p> <p>*Every 2:00 including at 3-2-1 go...Perform 30 Double-Unders or :20 Double-Under Practice</p> <p>(Score is Rounds + Reps)</p> <p>***HOME VERSION*** AMRAP x 16 MINUTES* 20 Russian Swing w/ Backpack 30 Mountain Climbers 10 Backpack Hang Snatch 15 Sit-Ups</p> <p>*Every 2:00 including at 3-2-1 go...Perform 30 Toe Touches to Backpack (alternating fast feet)</p> <p>(Score is Rounds + Reps)</p>	<p>WORKOUT EMOM x 15 MINUTES MIN 1 - 15/12 Cal. Row MIN 2 - 5/5 Single Arm DB Devil's Press MIN 3 - 10/10 Single DB Front Rack Reverse Lunges*</p> <p>*Perform all 10 Reverse Lunges on the Right Leg, then 10 on the Left Leg. DB is held with both arms across the shoulders.</p> <p>(No Measure)</p> <p>OPTIONAL FINISHER 2 SETS :45 Left Side Plank Hold :15 Rest :45 Right Side Plank Hold :15 Rest :45 Glute Bridge Hold :15 Rest</p> <p>(No Measure)</p> <p>***HOME VERSION*** EMOM x 15 MINUTES MIN 1 - :45 Max Run, Bike, or Row for Distance MIN 2 - 10 Backpack Devil's Press MIN 3 - 20 Alt Reverse Backpack Lunges</p> <p>(No Measure)</p> <p>OPTIONAL FINISHER 2 SETS :45 Left Side Plank Hold :15 Rest :45 Right Side Plank Hold :15 Rest :45 Glute Bridge Hold :15 Rest</p> <p>(No Measure)</p>	<p>WORKOUT FOR TIME 15-12-9 Push-Ups KB Sumo Deadlift High Pulls Up-Down Box Jump Overs</p> <p>-1:00 Rest -</p> <p>9-12-15 Up-Down Box Jump Overs KB Sumo Deadlift High Pulls Push-Ups</p> <p>-14:00 Hard Cap-</p> <p>(Score is Total Time)</p> <p>***HOME VERSION*** FOR TIME 15-12-9 Push-Ups Backpack Sumo Deadlift High Pulls Backpack Thrusters</p> <p>-1:00 Rest -</p> <p>9-12-15 Backpack Thrusters Backpack Sumo Deadlift High Pulls Push-Ups</p> <p>-14:00 Hard Cap-</p> <p>(Score is Total Time)</p>	<p>WORKOUT 2 ROUNDS FOR TIME 400m Run 10 DB Deadlifts 400/300m Row 10 DB Power Cleans 1200m Bike 10 DBL DB Snatches -16:00 Hard Cap- (Score is Time)</p> <p>OPTIONAL FINISHER FOR RECOVERY* 3:00-5:00 of Flow Stretching... *Flow through what feels right: Up-Dog or Cobra Down-Dog Cat/Cow Child's Pose Saddle</p> <p>(No Measure)</p> <p>***HOME VERSION*** 2 ROUNDS FOR TIME 400m Run 20 Backpack Up-Down 30 Backpack Front Squats 400m Run 20 Backpack Cleans 20 Backpack Ground to Overhead</p> <p>-16:00 Hard Cap-</p> <p>(Score is Time)</p> <p>OPTIONAL FINISHER FOR RECOVERY* 3:00-5:00 of Flow Stretching... *Flow through what feels right: Up-Dog or Cobra Down-Dog Cat/Cow Child's Pose Saddle</p> <p>(No Measure)</p>