Kettlebell Workout of the Day

**Workout 1:**

* [Kettlebell Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB5vaRA4GvBVj9hlenAKUQtOEzrbAWhggJh-2Far4zkx7fQ-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOGmRJE0YdzcaCAbG7JjsSbzSM7GsxKyCF-2B9bxdyPrZ-2FNqlsZdL9nt0x5pG4ZaXMWfdTyZU5-2Bxzj0cEnIFmOpcdpFmn-2FcDFyapwtr99mFdte3DCF4VS0W-2Bsp5T86WdOqhr3UDrxOr-2BcnxjWDLfy0dkYW5ErMUICYUJh0x7iZSMi2EjzRRfxGBdS48Z3XzEOWWdIS7alvvh4TlEPXyXN1KwPk-2BOdEo8KRbyODsi-2FwNwNOtbVPsnkSPQb83a55M3dKrbWvGBfB7gPLF36CaprAkMBrgeN3JtMUK0SxghnrRiP9KVQjtg7OH-2BBh221cIbxThtwli9qXRpw0tR4ctUO7gvWaQxZdgLmbsBeTm6QSSDYutXmgmlJregygs6mgAQil2bwMO5Wp6CYfVvm8v9R4f1dXT9Uslq-2FJFFhsUH-2FvH-2BuswJWvaurvQ5ht0gxppw5g8FA-3D-3D) x 15
* [Squat Thrust](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM697DV9rXFuIUzB1Y8X3M2nHbZIz-2BvCfCI3kDwAlg84rkw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOGmRJE0YdzcaCAbG7JjsSbzSM7GsxKyCF-2B9bxdyPrZ-2FNqlsZdL9nt0x5pG4ZaXMWfdTyZU5-2Bxzj0cEnIFmOpcdpFmn-2FcDFyapwtr99mFdte3DCF4VS0W-2Bsp5T86WdOqhr3UDrxOr-2BcnxjWDLfy0dkYWOxp9bFueGu5xnxLq5h3PY8VwbTFMrjO8-2Brpd-2FlG3-2BruDnWmoMrOk-2Fm8iSDkWoZT1FBgierBoByqXq18m-2BgepRHRi5Va2MztMZO19nOzjdcnrGwESjkANJogjVA3Reo4a2JK4pHYcRtSKBZBke9IupCw-2FWNeiuCkJ6pMQw5MGU2ZKw7NUCU-2Fqv5YaULu5-2BEZiTitezpuswpO9yyUBiGDcyI8UEKDOxx-2F0ZRfY2MzrT7Tb5uJvpe-2B7XxoHsEUpQlfBrEslNQ-2BaTI-2FvqycwQ7MwIOTOM6ZgjEJPLvtpFsPAyJA-3D-3D) x 15
* Repeat reducing by 1 rep each round

**Workout 2:**

* [Single Handed Deadlift](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBuIHQZSFY8nLvHa2-2FDO-2Boww1EqnXA6c1FdUQf69WnDOo-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOHgZ1iCrD1vmntZekdMYR0NrGitub0nIF-2FR-2B6UAyKLcpH8lSWhvwZSSKMt9lWcZh82RJ8lepD36eA3dy-2FRuHUE3LfX0rVA8-2BM2r-2FOzgiKiAlpUSaetf2ATNkdGgD6FHlKf1YLTcEDuvFGsJhdd9sbwtblFRHytwegvRxlmRJPV-2FFLbEmuQbBmvfNC7hMi7N0qdtuu6eOBgNf7RmhLc-2BRSoP855UB92J5QAZC8qDcsvooLed91SW7BNZwBgBSMTJXv-2F4BrFbuouYuohYVxrmPOt7bUtngLkD8lBssYOoxVCYomB051q2R-2BZy3Dt-2BLv8suMuevqrc5ASPr1lsFejHaXPSC5UvPOI7LJygcGB0M4ZCiKVgI5sfcuJGyGrGGg-2BVfzXOR9RVNhphOyOLWJwhWicmoC41r-2FgoYEK63EHrvsdQEhKEYg4tEkkCqIBsuaTTc7g-3D-3D) x 15 each
* [Burpees](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2BnEEVPGbnseNmX0u-2FpHrIGsKtiG7hkZPY0EzkhX4lp1Q-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOHgZ1iCrD1vmntZekdMYR0NrGitub0nIF-2FR-2B6UAyKLcpH8lSWhvwZSSKMt9lWcZh82RJ8lepD36eA3dy-2FRuHUE3LfX0rVA8-2BM2r-2FOzgiKiAlpUSaetf2ATNkdGgD6FHlKf1YLTcEDuvFGsJhdd9sbwt58-2FEk1B0p1ls80F-2B5dvFXPl-2BQddwJia0BJ3D5jueR3RCoWEzlpjUCFWuobimE3J1CDnKUCGaq5MndvjIlCm-2BnLbvLy8lipTZfmQtDVi12SNnktT9VcaMCwq2R5ZQBDz1wc0eegRrO6h-2FFrCzD08yavfMqzrFhhtJpAfgHHFav-2BJTqtxSoLxGQSH2aa3P7bLai5nCqoE-2ByjGxfKhCnG5zaJkwOuLOJVECb-2F662TlV1zaSjkZVEjfSHPixnkpyrVxihJu0Qijh6ksb-2BepAczr-2BPDFCtD2DD-2BL4xj6a2LZ4yBg-3D-3D) x 10
* [Regular Row](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBo-2BwXSa-2B293sSAvL5PrNBrg-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOHgZ1iCrD1vmntZekdMYR0NrGitub0nIF-2FR-2B6UAyKLcpH8lSWhvwZSSKMt9lWcZh82RJ8lepD36eA3dy-2FRuHUE3LfX0rVA8-2BM2r-2FOzgiKiAlpUSaetf2ATNkdGgD6FHlKf1YLTcEDuvFGsJhdd9sbwthXRo0SvGNjTLg58-2F8YEQt7Po2GDFXDCCGdpz15EJFeBBRVnwjOn-2B4NOjSXBMs1aWjHAn4D4Wcp2Wuq4Buop-2FsOjzsNT9LrMOPSiVYi-2BFvIC8x5dfuyFF-2BKx1gmliHQB11iJBD8AQLAnNLFPY2LWcZWUBUBp3K53-2BugPduUNnYYLGXMJ11L3r1pT1GqCKZfPyAywPQWeHx2VV3Poi6aXabXkY1RvWTkAfLD6mO1D-2F4o7hWJr0wVj9ap5ZRTG-2BPd8Jic9-2B88x5UBaU6c7GnqV5gB4ckSDGsv8qmSOJ3b5ASGA-3D-3D) x 8 each
* Repeat as a circuit for 12 minutes

**Workout 3:**

* [Left Arm Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODLrMoZNfR0MBI72kL-2FAgruw3rgeqtz8z2g0XL-2Fi-2FHDTtKloxujR6iOgIjrOFSVrPFfROjUY11hOGsnm5bd6KGcjNHgYN0vDnQUvS54STSD2rkf2EuB6By9w0BR-2FEFDKXdsRHcv9sNIDlGoDxIxViYF93MaWG2l9skDSfmYBl-2BnMypiAMIxkkiP86-2ByaLRrv7OcsR4j-2FdPMCE-2BiJdfZD6mzWB1w-2B-2BQwj5pqt2TY-2FCV2KbC-2B8vydqNz1mJJenAhwMJhyFGK-2BFqFW960R0UD2PkaRXV8-2Bp8Yk7qmIyobWriPnEN14joe7WQmSDSPNm-2FrS9xdxj6qJA6k2zQUyQJ-2FKmp2-2FSFnQ4hymnjX06opuPDrKlZkADPY21ZgdskjjlV0hEKcq8YH2uvtFjZzWoHc-2Bg-2F3v5jG9QSmNDThDDJD9uJmHERkJXORxTp3EGa-2BBznhdq2g-3D-3D) x 1 minute
* [Right Arm Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODLrMoZNfR0MBI72kL-2FAgruw3rgeqtz8z2g0XL-2Fi-2FHDTtKloxujR6iOgIjrOFSVrPFfROjUY11hOGsnm5bd6KGcjNHgYN0vDnQUvS54STSD2rkf2EuB6By9w0BR-2FEFDKXdsRHcv9sNIDlGoDxIxViYE3-2B7TLr6mfzQVPWg0ln2MKewfkTM-2FugwQ3tEUf8HDDVzyc7ornGLasi6fmIzjM95LxZo-2FbxtRe1jaWCAaXbD2zId6SDloVfGThE-2BpraS6v4KUm5gUlAa3F6xYNRAOJ-2B8Fwi0y-2BgxyJ0inbPQVHmi-2BGbwLHTbo2AShzrCXGxggLFz6l6qsLUW-2FzVXwgZimFwaBCTCPaRuNdEFi4eFbQ5TKu4CoNJNlXogzI9zTpDmpOfp5KaUJNuIm42FDLvfCD72dbiprudBKlbarTOQ-2F6ZcWkyZf4pEoebiLlnMaiXzS9Dg-3D-3D) x 1 minute
* [Push Ups](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69vLVeB-2BWLo5M0IL8uX8MUpEPVrqemRbRnFYYpnqm-2BjOA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODLrMoZNfR0MBI72kL-2FAgruw3rgeqtz8z2g0XL-2Fi-2FHDTtKloxujR6iOgIjrOFSVrPFfROjUY11hOGsnm5bd6KGcjNHgYN0vDnQUvS54STSD2rkf2EuB6By9w0BR-2FEFDKXdsRHcv9sNIDlGoDxIxViYFOx0cNzZSoAKBTZ2LjKmcnYA5Q-2BQICJ5s-2FRIHyV3t7PD42n3TVyoF8zijGqx1QPZS2txa-2FWm9BnUlr5buGxYQll-2BgRkKRvSdpILU-2BZqzRbPkB1u-2F8hRxQ00sHw4U7E7Z2e-2B5LH-2BwRiSZgsdfkF4Ogb3HYPAwTyxXodZcZy2fXD260bEKAHysRxw8PYTYETeLcAVGkl-2FWAoCthrrwb6deVJkJKNwg1vo2YYB0iGkVMeAMBk-2BpGKt5msRyofnaMiDP0ULFuNiDRiLrQng-2BWbL3yb0Yg-2F4aUd9YjYzUdFUvTA-2BA-3D-3D) x 10 reps (within 1 minute)
* Repeat for 6 rounds

**Workout 4:**

* [Left Leg Deadlift](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIosxwJROP2X2gpxomiFIY6606doqhXA42UFn9f1PFsB4-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEvxbxKTOQ2YZkcbS7JubFAM4e0i8SDG9coHSWAfikg3ZUsF9ODFeiZosgr-2FYysUc07-2F4lSNtGgmFPX5gt1YyDcG3ioeg-2F2aVcppKSvnXFqC1XhT8PeDpMYCCCgIt-2ByQUPe7co8kxZNu5z4Liqt0PzMCpWWIhxC2Wl-2FlsYtQjO4mMIt0kOwARhUhdwp48yZVfwcCGA-2B2ei0hBLZzBimeEwHy2nMFTVWayvy6qslmgTxBnuor2otSAmrfyKeqviWaihE3d7Vuqt7Ar36-2Bl2JQ-2BphMsdJStj-2FtM0PgkGcRYDwU4L5JiCTFkFOBum06J3fbbvcBOPi4KuWqZ-2B-2Bwrw8HbeiSxVD2FCcErGzIxytPF9E7xNQ2BEZYN79LO5204aXzfSuXlhSeL-2F2fXSnaiFO1wMX90nmMP2nYJonp9dyh0B07BKOGAqXT7tFZZYjhr-2FzTQg-3D-3D) - 6 reps
* [Right Leg Deadlift](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIosxwJROP2X2gpxomiFIY6606doqhXA42UFn9f1PFsB4-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEvxbxKTOQ2YZkcbS7JubFAM4e0i8SDG9coHSWAfikg3ZUsF9ODFeiZosgr-2FYysUc07-2F4lSNtGgmFPX5gt1YyDcG3ioeg-2F2aVcppKSvnXFqC1XhT8PeDpMYCCCgIt-2ByQUPe7co8kxZNu5z4Liqt0PzNDX-2FnxL5GtLYo1SvoqVtwBs-2BsGYYgvvMlmjFCbG6QiFxaea8Xp-2BTrzeE6lLQL1W2RdkGQlEWgALIoYvttdHG2alcwvEpwXIX9WEfabTRzHz0thd0zwDKOVAd4YMUI1EVUouWoNsltY3qRuv-2FmfMlOdl6KbPJSpacHKHnYDwb1ECQa5Vjt0NHSFjooRzgC7k-2BYg-2B-2Frut2NINcT7ybndiWEfZBw6Wh07MlBeq9PL1JBBYPLoV7qbGL2Z8YIWHGbs7TkZRbJ-2FzbRdM0gHnTUoBkkbzMAm3FKVWfUfxFLi1lEEjQ-3D-3D) - 6 reps
* [Slow Mountain Climbers](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM68hbcMoN9A0xGYxtDHLnQsBiyy3QrE9FBeqlU34cUa-2FEtEJ6TH3G5xAx0tl2NOgjyI-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEvxbxKTOQ2YZkcbS7JubFAM4e0i8SDG9coHSWAfikg3ZUsF9ODFeiZosgr-2FYysUc07-2F4lSNtGgmFPX5gt1YyDcG3ioeg-2F2aVcppKSvnXFqC1XhT8PeDpMYCCCgIt-2ByQUPe7co8kxZNu5z4Liqt0PzNZLc8q2eLeV-2FD38b2Nh1hKAVngSdNyx1I8P2ZVGy-2BnwE-2FrFfQdxfYKfug9TJCjujkq2p8Cu5-2FNyAfP1-2BuhweV2SBWEba08OrcpHYFNPN16VlW8evOPg1Jsxl-2B7tN8BygjN0zwkcjDuTKcMC7yBZXUSu8radexfylWlyUQmXAqC3me6kNkzpBQYcv08sYjGWmuO292N6AsWonvtIjmJhWJuQ3NNljPjpz-2FdQpDt6-2BE-2BPUPt4A3yH2PrjN9zmDoHIY4KSU0p63-2BuE4UT4M8wrFAlkj3omTgNf2StiMxkffpe9g-3D-3D) - 10 reps
* [Side Plank with Rotation](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69paRbZ819BimLo1jz9Trhe0RerNmwN-2FgsoqVdHLgvHhc7GLpPggsHvsRNrbe5zGFs-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEvxbxKTOQ2YZkcbS7JubFAM4e0i8SDG9coHSWAfikg3ZUsF9ODFeiZosgr-2FYysUc07-2F4lSNtGgmFPX5gt1YyDcG3ioeg-2F2aVcppKSvnXFqC1XhT8PeDpMYCCCgIt-2ByQUPe7co8kxZNu5z4Liqt0PzPhuwR-2F2314zSmz1XLGPFyklB-2B-2Bgv1t0xDOv5FJhoEOdwkPigdKXsYffRYI7kXC2PVkK-2FWeLOa0GHAbIZMRPf9FD5gYdLS7x-2F1xuG9RakAgEotcM9jb5sm1QNR2zsmFPyGzGUHX3JiWUlsVZRwwLaMDUtxrGYOzeOS1lWf3dsABjmn47SAbCMFnapqd5vlazfzZODudZjBeMwCfZ0GyVS-2Faec-2FCJpFxH5d0UlygrBt6v5tpJiEV0cGW6JpfeDKCMOl3PlYH9OKiMrMX37DRVjyqBJyCxItIiPpOPl37jRI-2BiQ-3D-3D) - 10 reps each
* Rest 2 minutes and repeat 3-5 times

**Workout 5:**

* [Two Handed Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB5vaRA4GvBVj9hlenAKUQtOEzrbAWhggJh-2Far4zkx7fQ-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLBTLyEEBmRguYmh8KcUxv8-2FMKCDVbjrLx4SrAfiggKZdRyDwXWvl2-2FQ2EmSHN8y5SqmXTuTuUhughNpJBeX7zy-2FnJowN9cd1ifnq1R-2BRcT2t9JTGkMLW-2BkizI4lBsdpKu2S4rmkrrCH9i0Sm06Cjl2dI9AzkrP10a7TI8rd1BRvM09Vy81xnMXItr9HqLfEi87AzCunW9lZOhTWfllaVqHbr8Wqk2qETdr0WDSq4YDCB0iYNfDdMyoGt4H-2FkgydQ-2FBApVEighEstXZcnmOQIaio5PcBSjPqv0dQIIbSCksmfdhZvJ0z6m8tXR4Y5i57FQFkdhi3rjaVpn2oIWv5CESe0BPjMU8WiSmLtLxFZjwGzPXwefJ8aG2AwGoR0tILPnhmrW-2BSCbr7C3sfUtUpcnf0aP0zm6P8XWE1obG1VW2RLo57WRKjk-2FxTko6UkyTCdA-3D-3D) - 10 reps
* [Left Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLBTLyEEBmRguYmh8KcUxv8-2FMKCDVbjrLx4SrAfiggKZdRyDwXWvl2-2FQ2EmSHN8y5SqmXTuTuUhughNpJBeX7zy-2FnJowN9cd1ifnq1R-2BRcT2t9JTGkMLW-2BkizI4lBsdpKu2S4rmkrrCH9i0Sm06Cjl01NcSQZRKqHbjYMGyztLJAlxS1MIvjj2ERJ9YhzNsczZt7Vhj-2BaDMTZmdL4-2BJvjNQYbZdx4yO3Q4J2pjrlp4TjQadtCFoZSrh-2Bv2B2OVsidjOS9OoxLcwsrT-2BvptI0sXs49Dx6xVZdA5CQefawi28-2FwnQhWHYwarvUtXGe5t1wXb65ZSFedKSA2FMgT32QEF6sNs9bnwexDpwrpfIfXWR0-2FV8Yv4nyqN-2B6tzwP9xEQuAyjz3YVkZCgOfWpfJMEijWcrwCe8S6z0tW2C9WWAzEAaesHyu3ALWKYqxfBVSbGfA-3D-3D) - 10 reps
* [Right Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLBTLyEEBmRguYmh8KcUxv8-2FMKCDVbjrLx4SrAfiggKZdRyDwXWvl2-2FQ2EmSHN8y5SqmXTuTuUhughNpJBeX7zy-2FnJowN9cd1ifnq1R-2BRcT2t9JTGkMLW-2BkizI4lBsdpKu2S4rmkrrCH9i0Sm06Cjl1bnqSmZnxK00Z80eBNSOyCenL7gSo3qlip8jlyUdyx0wvKJwsRODysSfsSXTLDEmSxxVqq2UPs4QwWCGOOR-2Bs9u1hDYORri2AcxCPeUJaarpU1Itf-2FxPl-2FVkGa3iajOlF-2Fiq6Fh3Kjc-2FQe84pgAJul6Yfis3D6u-2FEMWrT8exgnoNbcsB4EMY-2BOT-2Fz6aLBHTxsuqYy9H3Qtyq3dcv5P3miPyjxKi9-2F4g7U0apBJ1JgKEbWQmCepLfBbZzPpHUOKYB9DbjhE4W1C5kcCZ1FsR6hazMlYPN-2BEqlMZ8omuG5-2BXoQ-3D-3D) - 10 reps
* [Alternating Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBtb5wNEx3E-2BzqxhWtJKOg1Q-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLBTLyEEBmRguYmh8KcUxv8-2FMKCDVbjrLx4SrAfiggKZdRyDwXWvl2-2FQ2EmSHN8y5SqmXTuTuUhughNpJBeX7zy-2FnJowN9cd1ifnq1R-2BRcT2t9JTGkMLW-2BkizI4lBsdpKu2S4rmkrrCH9i0Sm06Cjl2l8f7f2lVoqSuks-2BtQ2BZYmTwasOdFR093OlktLfwIfVdeytObpUcluoYkXnAjdDm-2BypmA3ZCAhE4CM2SZYIAvrN1d0HEVi78xge3WBfvF4gN4gDu8LUPF-2F3Pr-2FVt-2F-2B2c-2F5-2BQu7GixcxQnzIYeXOC0wdADYPkR4Rkga4UGGzKgI4iHPc7qZAMDAOezFTnHguMK8VRZvMMs0piebIJGF4A1JerDCspDRTB7xtzazqwtuERdI7LqaZaX48kBytzRBxU-2FcciBENH8kANQrwb9WbuTmP6VqF3HqxxhyV1x-2Fs604g-3D-3D) - 20 total reps
* [Fast Mountain Climbers](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2FamAKUoAL9fIqGmoeBoY82qA22qmsinPAKeJb4Xdu7bPEYjX516HtWZfAJtm2eeyA-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLBTLyEEBmRguYmh8KcUxv8-2FMKCDVbjrLx4SrAfiggKZdRyDwXWvl2-2FQ2EmSHN8y5SqmXTuTuUhughNpJBeX7zy-2FnJowN9cd1ifnq1R-2BRcT2t9JTGkMLW-2BkizI4lBsdpKu2S4rmkrrCH9i0Sm06Cjl0NwI-2Fv9JKfTHwxXCFwGk3twG-2F01x1yrmsG9a6kmB3nqohvcZ9flXgYI5Mh2ZbV-2B6HJsOI2OYCJ0XLO-2FPijj4GekfJlXQt-2FKCM9jI9AbKQz-2BqT9OH-2B2GHBgF-2BYkn0Ll4up5KGLbh6PnaxyHDXpZ1ggP0YEFB9z1yEdNUMnzXUwms3vifawtaqh77yJf8BnKiItSzRJcL7QYaUwlf6IBWbpnTfu-2FDc8I5UgaOLGDkvrVL2Y4PqarVi3-2FN-2FwUHpX3PQCHlTVhNMdQ0VjGN8vWuFBqKLyPJsnhwlQrX7vU4WK8cw-3D-3D) - 20 reps (left and right = 1 rep)
* Rest 60 seconds and repeat 3-5 times

**Workout 6:**

* [Two Handed Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB5vaRA4GvBVj9hlenAKUQtOEzrbAWhggJh-2Far4zkx7fQ-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOKqTSGnsH7EjCrCz66pDCYofSicHl1OB43fKg8TSRJu3lJbCNVxoi-2F05aIspEGO0wwFPp-2BLtg4QEYvwoWJurkwRQgw6WKsUBx2j7kLPjQ9LqXhZxcjR2QixtcI0UwNwYTWxTlL-2FBcxejb2nnJlNQSJrgITkIzMXxhCfphQ1JvTHxcYP-2FtEZNtvUFjoj0yTG-2FqdmL2oyopncl7VNo0vgvxR8nhBvJulJ40F6SXMR6TEHcylnthpgbtP5rlWNtBBSiDXNR9-2FLVu1klboQHGirdOMlfubtLhl52Z660HWJdJzB2WGvxAbATYHT7sJGMONlt-2FUi85mwF3knS8oNMNeXHHeK-2FstvfrWFnBV3WEbnCPHw9e1bpED5qfho0mkZFVSaI2Vs1y6gUuy8tP-2Bdp7LmTrU1UdfTMi90t6Px4AD44Kp3jHTiqgi1Q4-2Fbn69tb9iLe5w-3D-3D) - 50 reps
* [Squat Thrusts](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM697DV9rXFuIUzB1Y8X3M2nHbZIz-2BvCfCI3kDwAlg84rkw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOKqTSGnsH7EjCrCz66pDCYofSicHl1OB43fKg8TSRJu3lJbCNVxoi-2F05aIspEGO0wwFPp-2BLtg4QEYvwoWJurkwRQgw6WKsUBx2j7kLPjQ9LqXhZxcjR2QixtcI0UwNwYTWxTlL-2FBcxejb2nnJlNQSJo4r53faNCSfM4itSni0vMKUFKsOKuXEd3iFFfpqF4MKL9z5MsTVh-2BQTkSjiGQYu-2Fsi-2BdUQcU3YCVS8OQd-2BjIiR-2Bu448e-2FoisDHYunUxQ7MXFXYjPFHmYYHwQkPp-2BwY0NZ49tX6I1d0ea5bP9oB3-2BRyrka2rXoaZb-2FPiCyvN4lFSJClJyLXxX3cu1ZwBkFlJKut8zKY-2FUb2wwQxOJO5iQldNH-2B5jHthqMvMVPU2FR8rM5ZvPg0pjfKiVT5q6l9ibbtYYT5UXXOJe8BsbmOeMDbTtFv3mMih3yooZeO-2FKHd0xA-3D-3D) - 50 reps
* [Left Handed Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOKqTSGnsH7EjCrCz66pDCYofSicHl1OB43fKg8TSRJu3lJbCNVxoi-2F05aIspEGO0wwFPp-2BLtg4QEYvwoWJurkwRQgw6WKsUBx2j7kLPjQ9LqXhZxcjR2QixtcI0UwNwYTWxTlL-2FBcxejb2nnJlNQSJpnRN6tIzFhE0qXGxFE4hXJRsBdy4v2xrR0U1vbtZWcq71GP-2BbTsj144yB7ZytljWWEtUZMbu5y8-2Fc-2FU6HfIekJISDma7iGgmBJOJTwNEK5zWr0W7DjFLsi2VIr-2BHhFKjoLvoJQg1HFDmwPiPiN4fC-2B5D8BrLFZzoHqtktzBf0Yqa9g4qIrOSFPryeeV5hEATxcnOsvT3QSly5Ao7Ct-2BhA1gElsiOwotPsbgCNMyNFXpUZzKl9Y0yRxsYNLtcM-2FjqtM-2BsgJUE1J337sHLgON7rAzsa5FvRC1njPoZ5f6mZ3ew-3D-3D) - 25 reps
* [Right Handed Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOKqTSGnsH7EjCrCz66pDCYofSicHl1OB43fKg8TSRJu3lJbCNVxoi-2F05aIspEGO0wwFPp-2BLtg4QEYvwoWJurkwRQgw6WKsUBx2j7kLPjQ9LqXhZxcjR2QixtcI0UwNwYTWxTlL-2FBcxejb2nnJlNQSJpysAeJeLNDmXX4XJ58T7hSpcRcglgaWSMIWOADBqvseSfdj5UCzz51wI6bq4Vi5NU5WQCbHSIW1KGXqv5A9Al9rdntmgCtS4-2BxrnSfH2YpZ72pcDMDr4Y0FdropoDo0VfOEtxGifZn1znsaaMl1g9oazBcjW5AKIsRNGdNjte2fE2uZfA6Dcr5qaJEiupJX3E2Ean8WbbNRg8q1M0rPuV9qpBNyh9DA-2BnfNfqBAjNnA29uJm5CQDxOiUSqVfqBzuk4MicpOTaScKDLq5oqhaoQYhJX9fdiznHNWVu7QMjqKQ-3D-3D) - 25 reps
* [Fast Mountain Climbers](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2FamAKUoAL9fIqGmoeBoY82qA22qmsinPAKeJb4Xdu7bPEYjX516HtWZfAJtm2eeyA-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOKqTSGnsH7EjCrCz66pDCYofSicHl1OB43fKg8TSRJu3lJbCNVxoi-2F05aIspEGO0wwFPp-2BLtg4QEYvwoWJurkwRQgw6WKsUBx2j7kLPjQ9LqXhZxcjR2QixtcI0UwNwYTWxTlL-2FBcxejb2nnJlNQSJrtWtDaO1j1gOGPRWxzMP27D5CSBkU5mBitJNJtud-2Faqf1l56ReH0VS7ERCRApFXHGu7-2BCyVTbnZzAz9jLT1gHOiSQ0ombRtTQqoDtLPakb5tyv9MZJp9H8j19LMMfCmRE0qlTf20JmtW-2BSPsk2I0IEzAofvbvU5p991CAoUI63MQkTOulAVR6XtzcqEpyxt-2B3LcZnZhm4O7M9jlf7rZ70fiOPMqCOX6oi9YuhRfpEKJ2IMMEfZV3fFoNzUEx3-2BSd126LmVs49RN9Ba-2FH3APS1Sp320000TotJl6XYmlKNnJA-3D-3D) - 50 reps (left & right = 1 rep)
* [Alternating Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBtb5wNEx3E-2BzqxhWtJKOg1Q-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOKqTSGnsH7EjCrCz66pDCYofSicHl1OB43fKg8TSRJu3lJbCNVxoi-2F05aIspEGO0wwFPp-2BLtg4QEYvwoWJurkwRQgw6WKsUBx2j7kLPjQ9LqXhZxcjR2QixtcI0UwNwYTWxTlL-2FBcxejb2nnJlNQSJpkhf81i9yZn9AvuYKqBmOXRVyXX4TOHGym3n9QQN2EhhlVZAG-2BDcs8SQ0bBnMQPFtOUzazsrXL37cZBo5O4u4AYdKLiqkZ0Au753fFKXUhLNRz52AzQcEcDRTt0-2BPb05ir2AKRrwzmvBVesMnQMwqWA1pwxh75kJbpexqvU-2FEtkvP0SeaeFkGXbdMofbg1z5-2Fm-2BOK1RUJnk5xEJPu-2ForQM2PrMIYFzeB9ju-2B83Ed02AYCVKaBB5sulTDXAP7G92PXLMfVfhnvFKTrgyK6fds4aCssECPmYF21FN-2B7NvydFQA-3D-3D) - 50 reps
* [Burpees](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2BnEEVPGbnseNmX0u-2FpHrIGsKtiG7hkZPY0EzkhX4lp1Q-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOKqTSGnsH7EjCrCz66pDCYofSicHl1OB43fKg8TSRJu3lJbCNVxoi-2F05aIspEGO0wwFPp-2BLtg4QEYvwoWJurkwRQgw6WKsUBx2j7kLPjQ9LqXhZxcjR2QixtcI0UwNwYTWxTlL-2FBcxejb2nnJlNQSJqtUri9McsLO3wmsRXfTdUmKf8y9wxu-2BX-2Bb2q6MADeX6pc-2BSUOBclpE-2F7l5aPPEoIcASuOtZx1lxhKfET3uClvPK7jHvS-2BnNv4nMqZiz96zsV-2FfayqKqTF3AdzikZWYiccCNXq7SZ6XYWw7YqY9OkbNb-2Bahad5UwObNTufPfxpw6kk67QgcV6CmN-2BI7Aqco75F2h7Jd7B5fo4RP8LSZMROyXCwRY85mdJ59DCBWX1aWrpiIS6sZg-2BEdhT0q-2Fd1pNC9aJpp0iAygIxuUvnqySWm-2FYsB7MuBHeqfR1EuisnpZJQ-3D-3D) - 50 reps

**Workout 7:**

* [Left Lateral Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4zc8ms694uGwbQdApRJzlKonAbpVZUS35Buu20-2FM5ls0-2Fj0gy3GmRMYDfa-2FoeZtRIc-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOMCcxVqaqKb7DPN-2BUSovbZu5UDMn7SZuRgwG8aLT1iksmzNeDmzuJiCdAreo4V-2BIR0pQ-2BGAAyM4dEloSlAhCrszNAc0edr5F94Meok-2FbkFj48TSyN81ItmCTzpwQsS3KbpQRQGTUTGKTwZ4G222L8sQe-2Fmqs9iCEd1bRfg73Ae4ye3tQ6QpFizb3xGDmjv4k3VTCwm8j8E-2Fa43K5fTsmPYtzNxe1H6tq6eEevsoDgOF1uueEwiC5lbOATroajfFOaHvJZ0DYMxQABZkRW7ujdiJCPSA8R6QCdGkGYtYsIAHAB5wivWqQO2UHGyi6ovKjI0HFubmFKc2BWYKLJ1oXMI5A9jphF0C3bu0K9PTbOZz81e4xIbQ-2BYgwImTnlFTt9xNJA9zqwy-2BG-2BvZgEt2XLADu68mjCWJzJJqV64ps2utCHcgiKzt-2F6A0a4ajG1fbn0ZQ-3D-3D) x 10 reps
* [Right Lateral Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4zc8ms694uGwbQdApRJzlKonAbpVZUS35Buu20-2FM5ls0-2Fj0gy3GmRMYDfa-2FoeZtRIc-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOMCcxVqaqKb7DPN-2BUSovbZu5UDMn7SZuRgwG8aLT1iksmzNeDmzuJiCdAreo4V-2BIR0pQ-2BGAAyM4dEloSlAhCrszNAc0edr5F94Meok-2FbkFj48TSyN81ItmCTzpwQsS3KbpQRQGTUTGKTwZ4G222L8sQ827zU-2BaroTQFEyRg-2FIIhAnyzPxqWg9Sa0o8lkR-2FI2GF9F1ZJ9CRX1T10YyL2CdA8UKK29gRoTxYtA8NjOCxOWD30krwIv5KocKiPCX2-2FeHWpK9xJeC-2Bk5FConxdWi-2FyqANK35KxXbAvkUBvrBhG-2F07EBuRxR29mKf9ERIKg4HkImu0OyfplCTjwOQ6pc1QC2uNKlyzIxy0bg4B-2FtSOlVI4ar2ccSHp7muJNzKspQFaQuAHu06VwkkXDzKAkHJ4U-2BC4N6-2Bh2xOl9HKIGM-2BlG4W8ClOhcKcBS55S3OSbDicew-3D-3D) x 10 reps
* [Cross Body Mountain Climbers](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69eILFvPxs8cSTqSC2RfByOrPhMO8Q06sBlNxcKN9ZQZxgce5v8U5XcDvvyYpcpdno-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOMCcxVqaqKb7DPN-2BUSovbZu5UDMn7SZuRgwG8aLT1iksmzNeDmzuJiCdAreo4V-2BIR0pQ-2BGAAyM4dEloSlAhCrszNAc0edr5F94Meok-2FbkFj48TSyN81ItmCTzpwQsS3KbpQRQGTUTGKTwZ4G222L8sTBLnlfkcPoqx8CyYOIjFm-2B209WFMgSiFTJcn-2BPTXsrG9E2gS-2BHNNyseCmkCnjJePou-2BPrkQKAZmhGa5YD7iQ7IwoVdY6WLlYovDJEu8mOYtjnUiKgbE8zER0-2B0HdRlVyQt5uOISsBXspIYw5YrV2Y3X1UhkPg-2F-2BdrR0hprt9CCkFkixmhp2slS86qJx1UgTCu6OMUjMhLSHT0EGmZ46SrjpuCC4a9V2ejzTl4l9CK-2FyR5G4CaYOT2xgCrBKbaXmcdzNMiVKYETpkYamaNM4li1EZvciP-2Boj2yGoBFuDI7zew-3D-3D) x 10 reps
* [Left Side Stepping Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIIWFCyo-2FQxpG3F0NhEu9ilk7jXhWzeOE1eunPg5aHhFA-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOMCcxVqaqKb7DPN-2BUSovbZu5UDMn7SZuRgwG8aLT1iksmzNeDmzuJiCdAreo4V-2BIR0pQ-2BGAAyM4dEloSlAhCrszNAc0edr5F94Meok-2FbkFj48TSyN81ItmCTzpwQsS3KbpQRQGTUTGKTwZ4G222L8sRG2F46riIaXYPYcTuARglzwOT91i4RKcvt6Xr7MpFY8pqlZtEEuoYQf88NCDl6LAaZi3o5WvATNkyVTAu-2BJsYti5uw2PGcvC0VsNeS6lCz0u8YMdlosrav8SLoaFdz8CXr0GpyVQbVaVlVyEoAzG6THztdhp160Yh6mLY4cB6Rc-2BXECA9oigx2Kvu1RlizbRO09ZlftL1vhdp0g9KveeaOG00KULJS1KeBFp-2Fku17CPU8-2F-2FcwvxBBq3-2BRngl9KcPxda1my1YKZdwgkPE2YoAcXaMmdmDsNlRsX9-2Fp21NqOJw-3D-3D) x 10 reps
* [Right Side Stepping Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIIWFCyo-2FQxpG3F0NhEu9ilk7jXhWzeOE1eunPg5aHhFA-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOMCcxVqaqKb7DPN-2BUSovbZu5UDMn7SZuRgwG8aLT1iksmzNeDmzuJiCdAreo4V-2BIR0pQ-2BGAAyM4dEloSlAhCrszNAc0edr5F94Meok-2FbkFj48TSyN81ItmCTzpwQsS3KbpQRQGTUTGKTwZ4G222L8sSEb-2BvHc3UYlvU-2FYc1QHCO8jITT-2B4wAjkXnt7SYgGyUTje3Opvvf3h8bDJuy-2B6-2FRXNgDaDzCya631fn-2BAwCugAIQ2lDpKwWhNyVfuGmzhiBtfaZnN8NJsA3297Bu8GdJJEOinBNPSsWvJFEgjvVoMDztVjSoZijpf3qSX9cJKD3iFBdvf9eGQFUjJnVsaAE6vd2vALEoYgTJOlZdxjbHb9zE1amSZjxEAKP7C-2B1zfbTrv-2BLRpOJsZ4E8cDusO7SQcrQfKVOUj-2B-2FDrUMNCBTEbCDCfHpZpUZpdXB3NbRVcE-2Bng-3D-3D) x 10 reps
* [Dead Bugs](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2BKTC7Wute85lJ8IfJCTacJXd5-2BRfhdYWkD1qX41lEMYQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOMCcxVqaqKb7DPN-2BUSovbZu5UDMn7SZuRgwG8aLT1iksmzNeDmzuJiCdAreo4V-2BIR0pQ-2BGAAyM4dEloSlAhCrszNAc0edr5F94Meok-2FbkFj48TSyN81ItmCTzpwQsS3KbpQRQGTUTGKTwZ4G222L8sQlwaFCynSsG2vT-2BkVYIE5KLJkrzvp5HifFUmoo-2Ffl1a5amHyMB9djs0IhPQ4ndNuZZO7OLxYVdFwH25UzKkO-2BA3JxpTtSrQOKYS4H0dYZHSnWj0NbJPqzDQ7gd6-2BD2kecp2KoS2v7YAuCTLzfnBczuP5JBZSmtmyhQvZm-2BkBidJym8Cq9DPbLS-2FtCLlWVeW4pu-2FsW1Jecdz56grNeVzzaD3LhxJb1b88Q-2FQyIS2WobnKbbGruMqdzl1jELO0Xl868XGjSnZMtAHqrWaNxG3NiyWMQjm6BXoIIpj6uO4DW4dQ-3D-3D) x 20 reps
* Rest for as long as needed, repeat 3 times

**Workout 8:**

* [Left Overhead Warm Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIgjeCLvtyJrV3zRUz95QVHjKW6YfoxPDwTjX7d3G8M4A-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODPl3EGkBil-2FW9oaZYcvl5jHsg95ip87-2BoaJLIeqydGibOHSfAQyqRDpVHgzE-2BlEeAchmT-2Bq4iklMWB6LT9tbyG7UxqvB84JTN0aiQFDBPzLcl-2FCC2eV0Met-2BZtZs38maioAQgMfM9AECgCvTrcgOdZrpWk7kn-2BfFSdX6oeWoODKwD64nho9yh1vi6VQrsN7JuWgBA2GwdCFJbjraxUjunuO7UyNf9AdxBxZiyz29X1RW4SJrlkxRe3EV0aGoYaCtvh5CD0WTz-2B4a1f1LAe-2FAsfkGXZINdsjri-2BbG46fFPAHcUOU7BAgYYCLOPsHj8SEkZO9vV7FhgWAT6mvzAWZ51nwe3H1IuOPSwhN5f-2FuU1L5kHlGgcgYNyLbPUIl-2F6uMTGN6O2W1leJ0-2FJ7KMJEUQAGG0jOz8CxA0jdL3qXoHiMWHwaxYGuUy3giebGEqsmV-2FQ-3D-3D) x 10 reps
* [Right Overhead Warm Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIgjeCLvtyJrV3zRUz95QVHjKW6YfoxPDwTjX7d3G8M4A-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODPl3EGkBil-2FW9oaZYcvl5jHsg95ip87-2BoaJLIeqydGibOHSfAQyqRDpVHgzE-2BlEeAchmT-2Bq4iklMWB6LT9tbyG7UxqvB84JTN0aiQFDBPzLcl-2FCC2eV0Met-2BZtZs38maioAQgMfM9AECgCvTrcgOdZvVhCgJjX-2FR-2FAVq0a6fGe8bkdA3UYhcAsM7-2BydKlIBNJpe2ZySx-2Fhdfj-2BuQLL-2F6syRPP7XnZ-2BWieQMbOX1-2FL-2FxG-2FVGnWDbQN0R9xfajxBGBGIsYM-2FFmcnBBLTLTSJQSjv-2Fgy0vOfNCK-2FrMrHlnXwD7u5BEk2CTVp4i2Wdc3D4Ak5DV8TKb6-2F38Bpw3SJoc61BohKb2T-2FkZBVV92JdN1jiVDZ-2BfiLmvDataHlaVWM65NL4GRFHtM3HeaepudOvgpKLQmmH6aeOuTGl9gT0dRkX096fSut4-2FQ8tgbdtm6gO4zQ-3D-3D) x 10 reps
* [Goblet Squat](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIPhkft-2FjN8w8slwhpu6iKGQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODPl3EGkBil-2FW9oaZYcvl5jHsg95ip87-2BoaJLIeqydGibOHSfAQyqRDpVHgzE-2BlEeAchmT-2Bq4iklMWB6LT9tbyG7UxqvB84JTN0aiQFDBPzLcl-2FCC2eV0Met-2BZtZs38maioAQgMfM9AECgCvTrcgOdb4FDuLBvyI390R222tHZO0s4UMy1A9-2FHFsVYjPYkUo3tEiLCx8W4n55l6dAkhgAXBET-2FtwbiAlzpZvykLgDlxJb-2B2uVdPCMvXlhFfCz9sDz5gqpqaxnoBP-2FsMn9pchwY2-2FhB5ibOiQaZ0d7nkH3iM2ktSuUUzLe2Mqtpf6KX7B2rBVMuqgmmJwZ1aZ3EKifOhuMaWnoqJaTVoAMQdKj8iX1bmzbmcfR4G3Wvq4Bjj5l6AsOgyqJ23ykCUmlK2rgKjq3HvkX-2B0eB7HOlQ8q1lHTJCPCQln9RHb2j6YnJtUvvg-3D-3D) x 12 reps
* [Left Regular Row](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBo-2BwXSa-2B293sSAvL5PrNBrg-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODPl3EGkBil-2FW9oaZYcvl5jHsg95ip87-2BoaJLIeqydGibOHSfAQyqRDpVHgzE-2BlEeAchmT-2Bq4iklMWB6LT9tbyG7UxqvB84JTN0aiQFDBPzLcl-2FCC2eV0Met-2BZtZs38maioAQgMfM9AECgCvTrcgOdafMte2BWaib65U9VkHUJ9AGMFEkWAQspBkBUC-2F24c3hLS7oruHoG6xHV4JdUHmO-2BIGprjwSDN8AQU1wptexl5KrfY3M-2F9BnKZgVaUsHsxfT4jf958ozd8iNmcvueBtCHx64OEpEIt8QV7fD2NvxjcuEn-2F-2BNKI5RoIP3HRNMogPUJ-2BvGHTjXUSBKw1CfNXCFtzO56Q-2BEauGxGt2VG-2F2uZTiP1mTVzj0ha8hq6jSJVWknGJ8ppdCbedLKTqk7iWEWDwnoToSrHVh5uLGNsJ-2Fqj2Z7Cd8DoDJGEBOo1zQt4h94g-3D-3D) x 12 reps
* [Right Regular Row](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBo-2BwXSa-2B293sSAvL5PrNBrg-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODPl3EGkBil-2FW9oaZYcvl5jHsg95ip87-2BoaJLIeqydGibOHSfAQyqRDpVHgzE-2BlEeAchmT-2Bq4iklMWB6LT9tbyG7UxqvB84JTN0aiQFDBPzLcl-2FCC2eV0Met-2BZtZs38maioAQgMfM9AECgCvTrcgOdZlBvDMM39ca0wWt0hMJ7iHGvZJgcW-2FYSOwJ5MO4qEhFZ9Htsi05Z9oiT1w54uBzj-2FI135irSCrTiLlgF6g8igDcaTHTmuzabuuj47PlriEUvXcLQKUrPhKFHeAV-2BAAS5Vv9SzTSB0-2BaSMNnm-2FdcJZGSPn4HRTfbv-2FM4noxYFX598hC6ZmqAmLvH86DHC-2Bm7qVI54AkBX85-2B9WVz5WOcwy0R-2FuF1GZIzf5xAAl0LJPpWOGtCw2YHrzhnLdxb7Di1nJbVlo0HlmdWLlaEK0geaWa9sqZxH72Mg6WTo9gAd7oVQ-3D-3D) x 12 reps
* [Two Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB5vaRA4GvBVj9hlenAKUQtOEzrbAWhggJh-2Far4zkx7fQ-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODPl3EGkBil-2FW9oaZYcvl5jHsg95ip87-2BoaJLIeqydGibOHSfAQyqRDpVHgzE-2BlEeAchmT-2Bq4iklMWB6LT9tbyG7UxqvB84JTN0aiQFDBPzLcl-2FCC2eV0Met-2BZtZs38maioAQgMfM9AECgCvTrcgOdbmBpj8cyZ-2Fnu0L5CeKG0dkBVJt1Ok5P4KDx9LH6-2BviOQl-2F3kns286Z1XZ3MMZgEMaciVUYLtV65ECrWCFudf4iNzX6j90F16RWUjPh4D2SOMXgEA8eF-2FSsHo4llDeSXGSUjnV0TzPxFUDPFGXu9rHgqO5JiezdFYt3v9ZoElwmWaiAZQ9bJFWRX-2BPwRbulDgHgWmGD-2Fnh0BIWA9jVMskqih3-2FBDD-2FdrMtjezVVIbKd0uQdCw-2BP9m3Wm-2BRJKajdLYEAotKL6UHuc8699Fm5aVZxHxG9EOKf0oJJrrXRUssN1w-3D-3D) x 20 reps
* [Slow Mountain Climbers](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM68hbcMoN9A0xGYxtDHLnQsBiyy3QrE9FBeqlU34cUa-2FEtEJ6TH3G5xAx0tl2NOgjyI-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODPl3EGkBil-2FW9oaZYcvl5jHsg95ip87-2BoaJLIeqydGibOHSfAQyqRDpVHgzE-2BlEeAchmT-2Bq4iklMWB6LT9tbyG7UxqvB84JTN0aiQFDBPzLcl-2FCC2eV0Met-2BZtZs38maioAQgMfM9AECgCvTrcgOdawHUrCGNdW8wBp0gwSA5qPWDrytgryXzrH4j6TiFwe2TfzWCL9RV6k6h5-2B1-2BRysesNU3OY6OGQ7tLm2a9sxq7cyCLyOejE8Q5675eqg-2BnvXhobpMKsHy4MmRqRhG87bZr2poO2euwU654ORM0oQn7jCgoh8CVKnX2mSOKzzf4u-2FNDazROgFtXJ7WKVxbdN0Yo-2FE-2Fjfo4IFvGn0YPKsq5JFaFse-2FcA0T-2BwRJ7kwh5A7rA8S-2BhWVgEFvyAY4OSsPxmV4UebWvYGXSuNT-2Fp2vo1RROv84TfuGTvZC-2BB8IgYLBew-3D-3D) x 12 reps
* Rest 60 secs and repeat 3-5 times

**Workout 9:**

* [Left Half Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBEcV-2FCtMf8vsu-2FnjgntjcuQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOB1y4q-2FD1Bw3MsFoFWClPpy95Mu8IUE9i5gK9z-2FWxm20tG6IK7f802WvMIBM2tlQzuMd9J8eaE-2BcgLDos4X1J2Zep5KcMC4qppvM05Ca9mX1eHxOU1XgljUe-2FbLGx81G7srILaJw6-2FfHBBPt2DtIcqS598CsgRwf2V9Cz-2FsI-2FHIeGvpuIsibJnKqEJT16GmlK2uxzO-2FsL9oD0SRIdfeP3gbW5xpwDy5eJciFXeTd0IEl8dWreZMCPdYwuyYQT6oqvR1-2BH7vCOFxjIeGtiYrVr6O80GmcS1AzmtdT7g3wnl67jt-2Ftpx2qjS1Q7ksbsdvSUOaM4Xv1mfL78qtIQLD7EtDeqWwC6wVQoVs8iN9L5aZB1LTqQCvWiQgF85d3w3eA6QLxCw841-2B-2B2VFR7dYmulMnWnuPBNF-2BDwSpN-2Bnjqxiy6) x 6 reps
* [Right Half Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBEcV-2FCtMf8vsu-2FnjgntjcuQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOB1y4q-2FD1Bw3MsFoFWClPpy95Mu8IUE9i5gK9z-2FWxm20tG6IK7f802WvMIBM2tlQzuMd9J8eaE-2BcgLDos4X1J2Zep5KcMC4qppvM05Ca9mX1eHxOU1XgljUe-2FbLGx81G7srILaJw6-2FfHBBPt2DtIcqQCm5Owy24PGfSOy-2Ff-2FWxlHK8rm9dQo7YvMe6Ry0eCxWAbwoyqLeKnaiuXpHNSbet5O8S9jwe7HB0bFS-2FDVFK5fMVK9KRPd-2B0ntr2VoHUziOiR-2BbA-2FqYZ90446LhJzl6kpbubO0eJJH8Qv-2BrqigTOwKB1WkQdqkPtNOS-2BDKv-2BvV1yJ-2FQy6yN81iyomCS2FZJWd7j18-2FG6d9-2Fzz7n0ufiV-2FRz5B7IzEU-2FmoFcEhteemhHXiDxGBCjvTKN7B-2FP4lokNtpHLsj9EuuDz6kWhkjTdsf) x 6 reps
* [Left Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOB1y4q-2FD1Bw3MsFoFWClPpy95Mu8IUE9i5gK9z-2FWxm20tG6IK7f802WvMIBM2tlQzuMd9J8eaE-2BcgLDos4X1J2Zep5KcMC4qppvM05Ca9mX1eHxOU1XgljUe-2FbLGx81G7srILaJw6-2FfHBBPt2DtIcqSp-2BTk9ckMs-2B5wbFYqf2DbG9L9mK8ibLMD1GcrTy9A7T8-2BruRZ39yiYIKIWAfz4r-2BZIu8bB4HAoo-2FRW2Zz-2Bn3YfkMP7M9aGWLiAZM82cybALvpsdp7gyvQB8YMOJl1UfgQo3O5BqGcgtdPRw-2BF-2FOGaD-2B0I1M8eRWGI-2BCMesgLRYVuSsQNCDRPZACDOwt-2FEsgINq3gLJFnvxururzeYlyjO6YDPcpvJZTV7V2GNlJX4PWknGrul6yE99K0XkJd2Atc9XltQxoemLs99SCcRXfwZs) x 20 reps
* [Right Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOB1y4q-2FD1Bw3MsFoFWClPpy95Mu8IUE9i5gK9z-2FWxm20tG6IK7f802WvMIBM2tlQzuMd9J8eaE-2BcgLDos4X1J2Zep5KcMC4qppvM05Ca9mX1eHxOU1XgljUe-2FbLGx81G7srILaJw6-2FfHBBPt2DtIcqQilQf3Ch8bGh33VRzcJlrJb2LfTKakjkkMNfDl-2BJHjUA01iFy5Qh-2FyUfN2BF4JPczxRcoJK99lKnd-2BYodab0a0FKuSevTZy7hApMy6THpkHN-2B-2BlPO1NFdKTTifSBl8x5yRcZtlHL3STVp6pOWkXHsnQb5XqQKu2OMS524hZEJToGWuZOrvam5pZUy2bKtHpl-2FbwtQatOJsKIlHzdTIiXN7aMo1MEM9ikVxCA5qFyFeHiVKkrJtAGPGtwLiXzhQHGgsn0vYKl8Jdls-2FiVjjCaC-2F)  x 20 reps
* Repeat reducing Get Ups by 1 each round

**Workout 10:**

* [Left Reverse Half Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIGggTl99k3XqPh7z-2BlaZFIsUcaAFitMdm8FfCDnoo-2B7A-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOOi-2Bg9sOxa5kI35hwQGxpMyYPx0wLCWxne6wwGFro0mNMsKT8mTB55LNkRq71GUgngvlqRWl7dWAeryx0xj9GBFpU07GwddMBdmuQlIVWLnIFUxii8sssiuwyAXJBAu-2Bz7oYT-2BmC4J2-2BEn-2FvlvGkCzxmWfenLJX8LpXQlzhIM1a5SbYWOa8wNgzwOoCMjwt6ZYU4iluLW68TBfLC0no05wh73wDqR9zcIbp34T2Xih5EqeV67ZLkpqHajYOoSl5p7sM4hNIMLU2Z-2BXQXdnK5vd2SgwceeORUE9UxVUxoB-2FlKbZezWBpq-2BhVYBnt9XMqDGu6U4G6IgRjIdC4emA-2Bf1psb-2Foow0xcZuLiwGI7RLmPyaEcqz2vfYkhK2Hyf-2FTPpGpEaLrXMgs9VAsaDiYowJ-2FJrz3VwquEb-2FOsnbhwtJ-2Bit6n0HP5WdLHiVmIhtNNAQOA-3D-3D) x 1+ reps
* [Right Reverse Half Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIGggTl99k3XqPh7z-2BlaZFIsUcaAFitMdm8FfCDnoo-2B7A-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOOi-2Bg9sOxa5kI35hwQGxpMyYPx0wLCWxne6wwGFro0mNMsKT8mTB55LNkRq71GUgngvlqRWl7dWAeryx0xj9GBFpU07GwddMBdmuQlIVWLnIFUxii8sssiuwyAXJBAu-2Bz7oYT-2BmC4J2-2BEn-2FvlvGkCzwyRu1GQt8DNNm-2FghDMts5vCNcWkquoX6TL7414nQF-2B-2BtYRFhanoFm038ogrcj86hI7PQY4C70KHzutb5qkHp4AICLa9WlPMHroIoSIUN3phR3MG84IAbx8C8VetnD3Nh3-2B1YWIhev3iuvK0ckqK0hBDvqB1-2B-2F0oKkR2-2B5S7OASQjzkCdhQ-2BSz2ArONa8jtwwyGby4JvZRMFWc-2BHz-2FXOLOyYx9-2FZGM-2FztcNMpWXbhCnIrN5Pvs0D5vAob6tjRZJW-2F-2FTc3ntVI6soiPPJvC6t8dRRkFcwM0PO5UluPVb9F-2BUKA-3D-3D) x 1+ reps
* [Burpees](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2BnEEVPGbnseNmX0u-2FpHrIGsKtiG7hkZPY0EzkhX4lp1Q-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOOi-2Bg9sOxa5kI35hwQGxpMyYPx0wLCWxne6wwGFro0mNMsKT8mTB55LNkRq71GUgngvlqRWl7dWAeryx0xj9GBFpU07GwddMBdmuQlIVWLnIFUxii8sssiuwyAXJBAu-2Bz7oYT-2BmC4J2-2BEn-2FvlvGkCzzsw5Yei2Y43Qhklp2i4zKw1gbHk5B8weSiBaJDJw0Dv7rt53gzg4S7riY3KvRSzpY0M1L-2FSNn7OejpE2uft2hc0YkwmXgXf5Vxxf3iX4z5RRXsA7CWws2cdd6OiM1R4Vs-2B8AJQPZ6Mj5usHLoJEHxiPbAaoX8QjhnCLfrG5H2BAq6yTv4x3pljU3MYyevVs1r0OqmkZP2GNci3Su0e7mhbF6aUGkd0g775MPco2b7L5hkiF64FaNe3e7ClfC1y0WjCss2Xnlktelu5wr8PL-2BRrWe2eXyPOdso-2Bg3XQFKZlBQ-3D-3D) x 10 reps
* Repeat adding 1 rep to Get Ups each round

**Workout 11:**

* [Turkish Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB6xG2fNJdk-2FEiRlo8RkGKXw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOFbagHN2AJwJQivVd5S05qtH7GuYPeOpf-2BEuLT4LmUy2edj3PXdrl0qr7f5dtKMC3i4NOHA-2F958i1ICXFgzbkqbiyV7trv8ZeQuwKUvdroITP0ZbEEQbyoSPc-2FAGzDbBfuutePPU1kyRdNA86vXLWkBd9v531ARIjwaVM1jFHJc4k-2FS5-2FAjO0RhFU1wwQAQSprXQ1P72bROJN6PY4qiXod6ODQ1V2-2BOhutCKrs-2FTVzcWGoFiTZBNZ5-2BmX9-2Bhl3Y1cQwLBs6hI4nf-2FIoFllODca-2B55fOVUGGIUjU9Vun-2FlSp3WRlHmqVRkoNVNcY719rffI80WvBf4OQAJNJRaXrAuEmgEHYRHEWDGh-2Fu7tO79dY8V9f8OpVBBo9vjWUbmdWx34i5CnJ3z-2BFaPfDj-2Bltr-2BlyjtzeZMDYyW5AySS-2BvAIM8) x 10 reps (alternate sides)
* [Two Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB5vaRA4GvBVj9hlenAKUQtOEzrbAWhggJh-2Far4zkx7fQ-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOFbagHN2AJwJQivVd5S05qtH7GuYPeOpf-2BEuLT4LmUy2edj3PXdrl0qr7f5dtKMC3i4NOHA-2F958i1ICXFgzbkqbiyV7trv8ZeQuwKUvdroITP0ZbEEQbyoSPc-2FAGzDbBfuutePPU1kyRdNA86vXLWkARNQ74BVoTLzROcxL9nUsIqh0v-2BV-2FCXxKDABrrDVDc7vcIUbUC3jQ0BZb3h1iz6-2F7orZ4o-2Bt-2Fnhyh9JfqB4UFafTg-2FLV-2FU5-2BVtZaDJEg9xWNO4giROgF1Hwqfsw4jknNbOr01PFAWnO5RLOy-2F5jZMrK497heruV1Q-2BTa-2Bqs9YdMQLAFXnT-2FK3T7aItfZ2mRQHh2cstlvJ5jSQrrx8Cv4rBZQITG6AP8L9P8kdAwh2PGGvWDt7hh2V3o1k0xhczt5IDrgj1BMUO2LBE1J7HB3h8) x 50 reps
* Repeat 3-6 rounds

**Workout 12:**

* [Left Reverse Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB-2B8Yvwyq6K23w1oGZOjpPyQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOD-2BEzcC2P5JrASgRWSdvTCEMf-2FMPZ10DDIKexCnmUwKNkFNX32WDwiY17Wq0Sktj8f9sUmREzGurvTh4ReB8ZJTJcuWUmdW9tRuBBPxZu8mTb6cYdhDV48BmH4QFZT9q24m35ExuYuX2fQx3aTs-2BQY9FWBjg-2BdcIWtFf573eS5-2FzNR-2F8QjepVLtNOu2gJItmI0yGnNhtq-2FHNzG2ulUP-2Bkkq13wpwhTpToMgljXZOIIyXWFP6WBy2ei0qSwOf8gZ3CybkvuWi3GIH6RajHKWRPO2NlDnNKyFejSzXm2vo7IUZw25McONQCu5JVjQ4WRpGs-2FLtIp-2FtGmLiYyT4BrM7HR99-2BIZytZSK19VoAInB7EXug6G85JN3-2FDtdYmlLA-2FXKXTe5VCVGsrvDIy4NfHWkRrE2stlyjP1ADaZY-2F4z6knc8odBgwi7CJddBOo9V8asEtQ-3D-3D) - 10 reps
* [Left Reverse Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBw9PI-2B3qP5mXf7Gakq4-2BYBA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOD-2BEzcC2P5JrASgRWSdvTCEMf-2FMPZ10DDIKexCnmUwKNkFNX32WDwiY17Wq0Sktj8f9sUmREzGurvTh4ReB8ZJTJcuWUmdW9tRuBBPxZu8mTb6cYdhDV48BmH4QFZT9q24m35ExuYuX2fQx3aTs-2BQY8sa4PnUN07uSGSOz8klt1MIY5vWzd3G62G73qXV1bT48StJ0SewWeL6csd5cZhc5HHIwwzWb96i3mqbR-2FRBacSY88ZzwZEX4O40lPurtj14yiK4SHpR8NN5dZkgVIqZNZjneQta26wzd7PXfsQEeUe-2BaTU7a0iLcJD-2Bsfm7SZwkD5bUE8yxmbnUULj4LZbWpxHr2afGas68w-2B7wQoT1DxpJTZ2W0PmClNSCy-2Br5N8koNzge8ROkWbUZDMlSMrngsIMS03qEFsndgsYaYUO1o6-2BHsS5Hs9QXvdYc9iFEzEIHA-3D-3D) - 3 reps
* [Right Reverse Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB-2B8Yvwyq6K23w1oGZOjpPyQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOD-2BEzcC2P5JrASgRWSdvTCEMf-2FMPZ10DDIKexCnmUwKNkFNX32WDwiY17Wq0Sktj8f9sUmREzGurvTh4ReB8ZJTJcuWUmdW9tRuBBPxZu8mTb6cYdhDV48BmH4QFZT9q24m35ExuYuX2fQx3aTs-2BQY8CrcpXUJWLDiElWhzXz7L-2FpEFmKiVHUixHCRcotnDeKcajfD8X1AXtLc427Fnv8zCh0bOO8sgc6GBb5tPG17Jw08P6bW-2FJHACm8H-2FHbu8ySEGZg3K1uljD-2F3IOBY08Q5fWBQU401ByvMoVcOsXrNZQWUpYvYFr0Xq8QoYawc5GhPjZnUnPOSO3Vp1i7tXubZECO-2BvZTXQBrZEeyOZUA4iZ4cZqpppW6sPdp8uw2o-2B5TGBGAVGum0e9fpwq1UTcJHepZXnpFBKdtxTqEqSuRcFQp-2B0yd8Zb32m7UopqpkeoNw-3D-3D) - 10 reps
* [Right Reverse Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBw9PI-2B3qP5mXf7Gakq4-2BYBA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOD-2BEzcC2P5JrASgRWSdvTCEMf-2FMPZ10DDIKexCnmUwKNkFNX32WDwiY17Wq0Sktj8f9sUmREzGurvTh4ReB8ZJTJcuWUmdW9tRuBBPxZu8mTb6cYdhDV48BmH4QFZT9q24m35ExuYuX2fQx3aTs-2BQY9YaluJR5S28EvcsbE1Hr45hZKbYyHnbJbZFNBXmuB1vo-2Bo-2FgbNpjvdp5x7Rh-2FjfHOjCpovInU7tn47jbuC7eC0MbDC5gOWK7HJO4Fte19Bc-2F9Va-2BDBEp9VT4RbEzXbNbo4qgFQkBXkduq-2BfmnHoMVtAoepb229LU-2Bqn1YOXaRlZ0Xl6PRA0o87swRDudCLabV98mi4g-2FRGqGWjiDbq8OW7nVCkxZY8fMA55amNl5Ye9M2YruYMD8HUenFQkz-2B8rk8s3mqxZZAvXqsb3nKad-2BQ-2BCRErPMYhPG7XM7hMGzDYcw-3D-3D) - 3 reps
* [Squat Thrusts](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM697DV9rXFuIUzB1Y8X3M2nHbZIz-2BvCfCI3kDwAlg84rkw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOD-2BEzcC2P5JrASgRWSdvTCEMf-2FMPZ10DDIKexCnmUwKNkFNX32WDwiY17Wq0Sktj8f9sUmREzGurvTh4ReB8ZJTJcuWUmdW9tRuBBPxZu8mTb6cYdhDV48BmH4QFZT9q24m35ExuYuX2fQx3aTs-2BQY-2FJ2b-2BogINBodJce9qkqS-2FcYF0X0EP4D36wsYj3-2BaT9gUJXKgBZI-2BGu9bjkjP9ZwAf9s9wl1H-2FC8O-2B4z5ts6CYlt7ap-2B8z3p8tZWmIP8qotoCRSAZ1prJNpwxHjB2xznFq3MMsP-2FaBtcwAg0YXAyQj9GZWEWFuz3EJQqDeFj1h1a5Y9rT7T8Q9aWGAVy944RApCExu1kE-2BkDSkfThWaO2KQGaK5xqmB1CQGeSGefrLuaz-2FXxZkW7txPAfPNXwsJAtsk80bEtCJJfsShH7LM7VXEa9JuQgPOOFNKrFA0MzvwNg-3D-3D) - 20 reps
* Repeat for 3-5 circuits

**Workout 13:**

* [Left Half Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBEcV-2FCtMf8vsu-2FnjgntjcuQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEpJ3GqFzMaHcj2Zqob5sVnJMj-2FgfzqrgD0BiasBMpn42E6vFmFRFqbPOJ4BAmi0I67jTPFddU5kLR2wDKiXgt0a20LantmGsh-2BpaZ-2FoTCwCtrTp6ijHjlYVVVx-2FWZlaAFcdKxM9-2Fr5ssL2F-2BUHMaGP-2FV5iae8R9B3XrOTfd5CBgX46XEGhPVkJaDPxteQ78-2BJmn3mSujisLdZDsQVqzkBge5KZwEBSjAXOzcGw00OAHkO5RaQojhkKO8B9WDQH9Wu-2B13fvLFGcnE3qb6OUK0-2FeheIfhnG0WZ37uyJvkT9zOXuRdjqLKM2q2NaQrrFOuOZA-2FAJmoUSJRb3M3iEyBKRz0kzb-2BHVGlGFM9fm6hU2CHYNHNbmMysDVsDozz1vm54hYY6iUQnp-2BqoC0-2FzmT5ho4FETOut0zBtMF6NgiM9mh3-2FlrymwaBISy2F1zMZgNgvQ-3D-3D) - 5 reps
* [Left Full Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB6xG2fNJdk-2FEiRlo8RkGKXw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEpJ3GqFzMaHcj2Zqob5sVnJMj-2FgfzqrgD0BiasBMpn42E6vFmFRFqbPOJ4BAmi0I67jTPFddU5kLR2wDKiXgt0a20LantmGsh-2BpaZ-2FoTCwCtrTp6ijHjlYVVVx-2FWZlaAFcdKxM9-2Fr5ssL2F-2BUHMaGNzIiaSHfHC094v7rM8Kg2HFx96uA-2FkhhKNqnMRPdIkfSWOUb3Yy8FTIIPQgke8OO9D2nZG0nbSjVbJGIzJNRe3GUypS-2FcnVm9eeNZAx0FU-2FSChxRLHBjtiL-2FRR7VOuu98UHd4OEiDFR-2F7w2rUsQiJtNQRSnjKpJKKXcjMa45LRiLyOO-2BfdKvBAmfJZItSDojOSWn4w7KXAUoVwgqF-2BU0VJDAF-2FzL2QpMAi-2B6K8-2FlMe36Ul24j0MKYRJq0WVqu1wMFS3JvrGcl0UZjFTmkTLAwLRvam-2FxRFKcc6MM7sdgYlNQ-3D-3D) - 5 reps
* [Right Half Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBEcV-2FCtMf8vsu-2FnjgntjcuQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEpJ3GqFzMaHcj2Zqob5sVnJMj-2FgfzqrgD0BiasBMpn42E6vFmFRFqbPOJ4BAmi0I67jTPFddU5kLR2wDKiXgt0a20LantmGsh-2BpaZ-2FoTCwCtrTp6ijHjlYVVVx-2FWZlaAFcdKxM9-2Fr5ssL2F-2BUHMaGO27bEqY9NHX3gcazlNN6MSktpfY3bkph8g3fR-2BBBoEIc3-2FrboBL6hrxqW6uvEa8SY302vs3KayqK-2FowRmMq2v3M5n4vDkDm2-2F1eVVKuiKVA8g4qtAokLKeMDhfdEQZi-2F9x97kCiwBHFdAwY6WsxxKJJxEFX4djHO90NzdmJEZIo2e3TENwMUDW5OJ43DRKtIf-2BaRW-2BNPfWbeK2da-2BR-2BOtElCK31ivUydK0CN5-2BaSWxRWmjiq5uxNu2L3wYX2MumsOcJXE1JWRC-2FDNrz7Hy5KppmWZJHAbH9Q2GQbOPOkz09w-3D-3D) - 5 reps
* [Right Full Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB6xG2fNJdk-2FEiRlo8RkGKXw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEpJ3GqFzMaHcj2Zqob5sVnJMj-2FgfzqrgD0BiasBMpn42E6vFmFRFqbPOJ4BAmi0I67jTPFddU5kLR2wDKiXgt0a20LantmGsh-2BpaZ-2FoTCwCtrTp6ijHjlYVVVx-2FWZlaAFcdKxM9-2Fr5ssL2F-2BUHMaGPj-2BHCfFIXWbDkCyJw9A7TF1HzDe761SiGHQKX0OjDzeyyNV2EEcu8JdllY4rRqCWR8rGUFutLxlYTFZGd8NjtNeKTL09fS5GI6IZkvCxslYfSTS8bfpe0P1g1-2FaoSWLtNuD-2F0k7iXf-2FKvHuejeRE-2FmzXedolCCMKQBOFjDpXME4HlUcsiZOL4wexk7zM-2FeTJ9ScVz-2F7cYSrmMr0gxhtTwRV0NPAKzDbd6GoXMj6nmKXOHAqkHc57UIz6lIZ52M6qrKyIid7QzCQTwmtJ1JAI7NYgxsW8c9zsmnMYCpWbtLsA-3D-3D) - 5 reps
* [One Handed Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEpJ3GqFzMaHcj2Zqob5sVnJMj-2FgfzqrgD0BiasBMpn42E6vFmFRFqbPOJ4BAmi0I67jTPFddU5kLR2wDKiXgt0a20LantmGsh-2BpaZ-2FoTCwCtrTp6ijHjlYVVVx-2FWZlaAFcdKxM9-2Fr5ssL2F-2BUHMaGPjW3P7moS-2F1qR9htjQ0azCJBG9Gtx7Scbu-2FnxbXLq4D0aLPdcmRmwHEFrrultnsd32Y-2FjdGxilb0CCu6szwLvDOEw5jO4Y910ZTPrBlCkWYEWo7lUb6EeUfbmkS03kGflbNf-2BJvTBuEQmzLBYDG6M-2BfNzLJ-2BkK-2FupaxoNFLG7AGPB-2B27o98G7XvPXXhgpsJgKhURJrCN5HAFFKXray-2F4-2FdNS80EerCKKZnEkLdJKPwH8E8pQI7l7llnc7BmXxL4X6-2BI6-2BWFyeYv5hJR5ukb6KkdLyNMk-2F2bj-2BTMUqMrvo0Bg-3D-3D) - 50 reps (25 each side)
* [Left Reverse Half Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIGggTl99k3XqPh7z-2BlaZFIsUcaAFitMdm8FfCDnoo-2B7A-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEpJ3GqFzMaHcj2Zqob5sVnJMj-2FgfzqrgD0BiasBMpn42E6vFmFRFqbPOJ4BAmi0I67jTPFddU5kLR2wDKiXgt0a20LantmGsh-2BpaZ-2FoTCwCtrTp6ijHjlYVVVx-2FWZlaAFcdKxM9-2Fr5ssL2F-2BUHMaGO1JUF9DuF6BgI3aOV0WuAZf5IkMijtpmYYpCalTv-2FdvkPRMK3srALRq8jWmnYYlqAkWnQeyEyF8wHcsOqN2BKVsSLt4so-2BMwBe0qhyNs1R-2Bh4vQ0ZI1SmRWf2MlQoKaCFehojDncFWaXDSk-2FymDLKDUQEJuDdmod-2FIMz-2FvJX6PKL-2FW4WkS5rxDBkKsiB4Zzc2-2BP7lupAdpyQh5CQMjbBuQztXVjr9VGAZxP-2BOv1GerHDPQZfdfxrqbGxofkMB00MTnmg4JMQX6UnlESYUeURdKsvxIFjLyJrmw-2FGsbPJ8yJg-3D-3D) - 5 reps
* [Left Full Reverse Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBw9PI-2B3qP5mXf7Gakq4-2BYBA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEpJ3GqFzMaHcj2Zqob5sVnJMj-2FgfzqrgD0BiasBMpn42E6vFmFRFqbPOJ4BAmi0I67jTPFddU5kLR2wDKiXgt0a20LantmGsh-2BpaZ-2FoTCwCtrTp6ijHjlYVVVx-2FWZlaAFcdKxM9-2Fr5ssL2F-2BUHMaGPSUwqlZIvVVSYAyKBNAY4A6hxAGkNkT3dYYr5xQ1-2FV14DzxsoeHjySwwGB9z-2FmGD-2FbIFjCypDWMPqoCz6SAOk2kcHQTfKBv0W-2FAzp7r0AW-2BnNogDjkL2peZzZnrUL4KEtrPzKC1PMReJjkQh-2FprqxL4kEl3jbPMq-2FHKA2wZDKw2QePXctOJaRe2-2Fg3xoqlTN6Bwam0Z4DE9FNbYbtFbdpd-2BcfRFYwJE-2FM9j0KoL2XwkJR0Go7a4xF6AjAUmyMcx6OHgR-2FPmjtYSEL3lzrG7sinLNBEIYSNjnt4-2BZuD5phq-2FQ-3D-3D) - 5 reps
* [Right Reverse Half Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIGggTl99k3XqPh7z-2BlaZFIsUcaAFitMdm8FfCDnoo-2B7A-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEpJ3GqFzMaHcj2Zqob5sVnJMj-2FgfzqrgD0BiasBMpn42E6vFmFRFqbPOJ4BAmi0I67jTPFddU5kLR2wDKiXgt0a20LantmGsh-2BpaZ-2FoTCwCtrTp6ijHjlYVVVx-2FWZlaAFcdKxM9-2Fr5ssL2F-2BUHMaGPY7YVJ400zKFMmmTsU9aKMDG-2F0tmtxFXvUG-2F7QlECquWlxYGNdwrbvIWIsTVnAzBh0zuJ7jcWw2pux-2Fc7FObB4lVYPwXWlm1zegKU5VEEffA-2BQ7O3SVh1wC-2FhyEp2-2B8CaYp4-2B5sYbvewkOY5p-2F7bcS-2BYxgWdGc9Z8dy0687Mk8A4S87IVV9-2FANDUeUUd0BhqdVY8noPxpakxHPzUY3-2F1zKVQc7yStIk-2BVsNsHycUMoFWaa3mLcZNGSyEtdJeyww-2F7nOyjKRy9tWht7R1FOfQ99Bj0t-2Fb3H6tMZOndDHqz1kw-3D-3D) - 5 reps
* [Right Full Reverse Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBw9PI-2B3qP5mXf7Gakq4-2BYBA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEpJ3GqFzMaHcj2Zqob5sVnJMj-2FgfzqrgD0BiasBMpn42E6vFmFRFqbPOJ4BAmi0I67jTPFddU5kLR2wDKiXgt0a20LantmGsh-2BpaZ-2FoTCwCtrTp6ijHjlYVVVx-2FWZlaAFcdKxM9-2Fr5ssL2F-2BUHMaGOyKUiQcD-2B1cE-2FPPR1quoPNcdNb0AQKMyGX4M4ofmHCXjWMYFXJsaEEbWco-2FTFh8DKpAZYPQ2DgO6Tt6Y6GSmeydCZtasAUmhEdg-2BVjYG0vxWsf-2FA05rjlkaWC2pnZEjz3-2BL-2BqWtjkY-2ByOcYKDjxdj6V1SJ7jiiS0cZ0Y-2F8HnKruXmTYs06MMyP7cQzkA5B3O8Rk9HhsQ5zJ1pMOYIHOT-2F7FPEO2TER91NSLHMWEOLyr33-2Ftp3FzgKm0QbrvFWrOTj9e0V-2FvkTJKJhO74zxlJDqLjDxkEjitWG2BrVnL-2Bfgxg-3D-3D) - 5 reps
* [Two Handed Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB5vaRA4GvBVj9hlenAKUQtOEzrbAWhggJh-2Far4zkx7fQ-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEpJ3GqFzMaHcj2Zqob5sVnJMj-2FgfzqrgD0BiasBMpn42E6vFmFRFqbPOJ4BAmi0I67jTPFddU5kLR2wDKiXgt0a20LantmGsh-2BpaZ-2FoTCwCtrTp6ijHjlYVVVx-2FWZlaAFcdKxM9-2Fr5ssL2F-2BUHMaGOuATLF7k-2BRC-2BqP4stpN5z8gwNdtVAX-2B1O8rMlt8csI-2FaDuEKxskjkqKc6myBRfoelLTMCZzv-2BVwx0s3bDv-2FVGBcJRZxpMbF2ILouXKVH69zu2WNHi3W-2Bec4trWrf-2FDJzIZyDD1SDErKCUTtrw6umx58pgxRuxjsQ-2F7a1XlTceHaVTIOCxA3rtzyZKcKlYkWEyUgIptPSrh4LwbPe2X-2BzSUlM2By5zMAhYFiGT4ar1u9au0rdDE0YrEJITFDtzArrwvCCLHnySG10kFYYau3-2F1QiTOSF9EnKVFEUPZ5eRfr5A-3D-3D) - 50 reps

**Workout 14:**

* Left Overhead Hold - 60 seconds
* Right Overhead Hold - 60 seconds
* [Slow Mountain Climbers](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM68hbcMoN9A0xGYxtDHLnQsBiyy3QrE9FBeqlU34cUa-2FEtEJ6TH3G5xAx0tl2NOgjyI-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOBbewiIkxlsB2C5CbPwF2Ec-2FZ5dvYMQPkxK7MubLs4UOKAyGyEnVtpgt0mR-2B3rmd7-2FWlGfVDsDiCVmJSy-2B1gXPOjQDrk8rwIPOwbpD7-2F6avhqPqryzQRKNkY6CD3w1JbxGdsLpyoeNzeN1akkiZjUJzk2gZ0EoGQl7eiOOigrICdGheFvkS-2F6R6uE-2FnG5FMIYXnzb8uqXnfdloaw5IWbocobYm9HGwZDtWOmzaeJFHogS7B19KWIuX6FkdmIAfUjuNynhbto-2BUx4HiQ-2BBIw-2Bix6WLb8RAv9ld-2FzNz2j-2BeWorJyi232wiVRVb3krsU9ERPX2jOEL1j1-2BwSOZ2KzS2mkPvscbGVMhR-2BA-2F3XX4RWLluv5PPyCponX3z-2BbpAE8UDx5MQlsqXp14hvC9Rv8IeXeI6PVXJ-2BRGNGVHkdHgKoDHMCTOXtDX8-2BfmnK2MikAyZ5g-3D-3D) - 10 reps
* [Left Side Plank with Rotation](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69paRbZ819BimLo1jz9Trhe0RerNmwN-2FgsoqVdHLgvHhc7GLpPggsHvsRNrbe5zGFs-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOBbewiIkxlsB2C5CbPwF2Ec-2FZ5dvYMQPkxK7MubLs4UOKAyGyEnVtpgt0mR-2B3rmd7-2FWlGfVDsDiCVmJSy-2B1gXPOjQDrk8rwIPOwbpD7-2F6avhqPqryzQRKNkY6CD3w1JbxGdsLpyoeNzeN1akkiZjUJyOkv92NCKuqhbxNL-2FtT5tDStmGa3R5SxFoqaUausNoXHrslzdmEtKcD10hEodKDt2qNXdPeZuCzZZiylzZgpHyNaBpuEfKIefk2mHwMXoedFHc2uzo-2BU9HwOp23121sUx8bFRmUaUdDIs8xqsgnvqe3AeojSYD5pH89NLjCfLBqm32l-2Fb2SoaCl-2Fpv58FoHL820pio8ttiGXSLSt6W30oFlw0joENl7sUdKbF9uojDa7c-2FneRV29Z4vIUOuNZoAZW0JjuyeC5ybqJ8njKmndCWntgKoB5F-2FWksz7MTPspCUw-3D-3D) - 10 reps
* [Right Side Plank with Rotation](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69paRbZ819BimLo1jz9Trhe0RerNmwN-2FgsoqVdHLgvHhc7GLpPggsHvsRNrbe5zGFs-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOBbewiIkxlsB2C5CbPwF2Ec-2FZ5dvYMQPkxK7MubLs4UOKAyGyEnVtpgt0mR-2B3rmd7-2FWlGfVDsDiCVmJSy-2B1gXPOjQDrk8rwIPOwbpD7-2F6avhqPqryzQRKNkY6CD3w1JbxGdsLpyoeNzeN1akkiZjUJzPMDPRnrONot7SDOVqAdFtBLVVD4hztJnhT1jMEu-2F6wcWLcmeBRYZ0a-2BKbosG2sHGjInLseZGpYmEUzkvQy6rqIp8rPrHdy4w0C-2Bz1DWZKl10EwkIdhPzNqAe6AINRGqI2z2QHdNaOT8yWfnxN019rksL6mKn-2B1YVmG3EJM1gbLVu-2FjEU1D2fX2zCuIJm6UEQO1MIB0TlakJvJ41foA9BiAQJ6CV2LTDMUEf8hCTvfqc0TQFMnTetYpDgLbBhfYjrxm631PIxnF16tsm6R5pUuWhah3Oj2o-2F0o1l5o13KGuA-3D-3D) - 10 reps
* [Cross Overs](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69eILFvPxs8cSTqSC2RfByOMvtRLxpb7psewK097UmmLcSVDwbc-2FJpV-2FKPA8V7Fm2k-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOBbewiIkxlsB2C5CbPwF2Ec-2FZ5dvYMQPkxK7MubLs4UOKAyGyEnVtpgt0mR-2B3rmd7-2FWlGfVDsDiCVmJSy-2B1gXPOjQDrk8rwIPOwbpD7-2F6avhqPqryzQRKNkY6CD3w1JbxGdsLpyoeNzeN1akkiZjUJwQj-2FA3dBZDj6nMOULG5bEPYdW013AXoL6XrqozIUX2XLdnPwWSS1aHLfWj2wfJUY6xdVBtgO5PbPgmRnt-2BDAkCFgJWLE6pI5-2Fly3e-2BPOgAz4ZYWAWgH503qz3A-2B-2B-2FPzR6ohRlqByX-2BWFjtUO0dyu8Jn4dNFm3OjWTDkQ5TD8kffLJhRsKkS8stefXVvypDapGvcJc9sZc0a6nxr73WR4eX2FggyqazoBJx0Kzony6-2FUIGfVC-2Bf6Y0QvxlLsxLe-2FFm-2BA1WgLmfP7jDcZ-2FOslpkVf2Id75mUn-2F4-2BEYOVfMvFzQ-3D-3D) - 20 reps (alternating side)
* Repeat 3-5 times

**Workout 15:**

* [Goblet Squat](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIPhkft-2FjN8w8slwhpu6iKGQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEM9ssGX-2FaTAkq9a0wNPxEX-2FRLjFenRUqg5ZxoHrzH-2Fb-2F6bswo3-2FfMLME1n3tx1do76eBVNKI9Fb-2B6a7uhBN5gOUt2XhX9qCcZQDF-2FDd1xN3OHSkmkN6ZTfAYbDZaUADMBi7Ewg07UD0JwCku1yj6Dt-2BJq7kmyoq11ZaiLPYnQKXUF3pm7JGSayLi5AgFfKnEaPcueWHmcwQHDt2tLBIzJMqday1IAaMN3lzgmIn74Ory7vaAr823c37BZKNxg0Gu5P-2FLdV3pjRioWcioDVAalXHQ64cQ8Dj2SbcmEDUdh1dhpoc6MEoariRK5Zsz3PWsWLceXWPGIq1HgyyWM5y-2FvpIRV-2Bz9-2Bxoc1w1mqNWUZOy3NEim7JwBS5JQJ65KHUN6R0lBRknIl3P74AnnsDPKf-2B3s6zQL6FEUxzMBOYNGvZ-2FzAV6140fkUDQRmOPRSU1kw-3D-3D) - 20 reps
* [Push Ups](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69vLVeB-2BWLo5M0IL8uX8MUpEPVrqemRbRnFYYpnqm-2BjOA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEM9ssGX-2FaTAkq9a0wNPxEX-2FRLjFenRUqg5ZxoHrzH-2Fb-2F6bswo3-2FfMLME1n3tx1do76eBVNKI9Fb-2B6a7uhBN5gOUt2XhX9qCcZQDF-2FDd1xN3OHSkmkN6ZTfAYbDZaUADMBi7Ewg07UD0JwCku1yj6DvOUdQDIQ02ksLu6OxJ6QWmfDo0SoSY5ruzSzv-2FgbN1Ufxv-2FA-2Frs7b4HbpJdzgSY55C6uBE-2FS6sAC8w6xDw8dP5zPfstOZqRQ8ixp6gAAml3agjcaO8edLVrij6urvnJ90cnFgfXBjQm5eI4auBedZqMZDDX-2B-2FdC6rbl5YdaN4bNoPyay4HWk8cU2Dsd-2Bp-2Fu4WnRKZ6MuB6Zca6fYjKzheE8XBVBEozAnjkXJlYQkDXSE6fHOfyD5GdSlkKB0-2FTSGAbs2eZnLo3TUVsjCVq0AFrlSFOn8HR37NPD3CxGA1bOg-3D-3D) - 10 reps
* [Two Handed Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB5vaRA4GvBVj9hlenAKUQtOEzrbAWhggJh-2Far4zkx7fQ-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEM9ssGX-2FaTAkq9a0wNPxEX-2FRLjFenRUqg5ZxoHrzH-2Fb-2F6bswo3-2FfMLME1n3tx1do76eBVNKI9Fb-2B6a7uhBN5gOUt2XhX9qCcZQDF-2FDd1xN3OHSkmkN6ZTfAYbDZaUADMBi7Ewg07UD0JwCku1yj6Dsu1iuI7MEgj4gyfx-2FcgPtapVz9WXpycXSCp4OSFrOoIxtBhEwMA4lX7ErFmVajh0GcBt0Jewvn9BwWLWFbHEi5dVG-2FiOJX-2BiZ9maJYtOmVdIuZ6vOen0pNLxex8FFzAI2K64g7WLCpfqPIrbA4ug-2BO3DweEsv6b-2BN0QeQpekU-2FX8HoFk6D0fX-2BQ8ITStKoMoJVButFXSl2lukSEcbgMo437iW1UjIVBf66wpOG4xiYe1LZcjhUtoeFIGu94Ul6z7K92wZkdY2WpGuR27B-2BExr-2BEBRcrV-2FdavluD24HoyOOGA-3D-3D) - 20 reps
* [Left Regular Row](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBo-2BwXSa-2B293sSAvL5PrNBrg-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEM9ssGX-2FaTAkq9a0wNPxEX-2FRLjFenRUqg5ZxoHrzH-2Fb-2F6bswo3-2FfMLME1n3tx1do76eBVNKI9Fb-2B6a7uhBN5gOUt2XhX9qCcZQDF-2FDd1xN3OHSkmkN6ZTfAYbDZaUADMBi7Ewg07UD0JwCku1yj6DsBdBaCH5-2FgF2NaS3bipPA-2BhX94hHOwiEvrNh-2FslJ0WQSAbatcRpdX7krRius-2B2O1cj8p6C3JOm1FypQPBlhQwGGzXOY47Iz3rYTyXtO-2FpOqRnjZi1gjeoGhGC5vQfTTr5-2B60clyAg-2FNiDt5q5ZEADuMjfWhppFS5vAu0MdGQxIoGAk86ufkAin1Bh580-2BApkD2Z1jq6fsjsQq7noOVkwamHqpd4ANk5x7ujE5UXBD3-2Fpn7CJ0dwucNiz-2FElS5MfgPwpwvuKbtvLGNLZGLBIYE3DlerlPH4p7IQEc4GD0GZew-3D-3D) - 10 reps
* [Right Regular Row](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBo-2BwXSa-2B293sSAvL5PrNBrg-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEM9ssGX-2FaTAkq9a0wNPxEX-2FRLjFenRUqg5ZxoHrzH-2Fb-2F6bswo3-2FfMLME1n3tx1do76eBVNKI9Fb-2B6a7uhBN5gOUt2XhX9qCcZQDF-2FDd1xN3OHSkmkN6ZTfAYbDZaUADMBi7Ewg07UD0JwCku1yj6Dv8ztMCQYozg9aFp7f-2FSU5pjW9vKWQ0SVDBBAmGbKV07c-2B67o69QYITNYT93pfQECYGcx4bvQbHAq-2Fnvv2QTqhYoeVOXysX4RrZL5AuLKdKrRgCNoMOCBgrQeDp4JLqstYTIoYcXbdgpID7scJ7bDEEjbAL2Ck-2FeJjfKOvUHU4NC1Tsg-2BH5dMHyAWg-2FhcN91-2FYOmOud7BJKe9aMqZMH9OJ3P61Xn-2FgiPoMeWr-2FQMVyhf3plEOJ8SJR8eh7TmwkQU3n2bqdNcptaStHrOE3em1OWnn3ACwjYL4Ue3YQViYS1Yw-3D-3D) - 10 reps
* [Scissors](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2BLXs0xtqGtz4-2FcOClMn7yijFrPqwxUT5fJU1VSScBHfsHH9-2Bg7osQ4Ywie68If6Uw-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOEM9ssGX-2FaTAkq9a0wNPxEX-2FRLjFenRUqg5ZxoHrzH-2Fb-2F6bswo3-2FfMLME1n3tx1do76eBVNKI9Fb-2B6a7uhBN5gOUt2XhX9qCcZQDF-2FDd1xN3OHSkmkN6ZTfAYbDZaUADMBi7Ewg07UD0JwCku1yj6DuhJnpaX8Ww71Yh-2F7Hx5lPeSSilYSd2CyhhqA-2Fm9ReqmJVOgpaVyXghuN7c65Rs5-2BrOWUchmHit8YY1OAR24nXXtom449wF89VtSY3q54oBXny0oZp0G5XYP6FdCkPi3Beh1Qnh-2FhwTLabK9llD91FdhULgx-2B6CyYnJ0E0cqYSVvT-2B04TnHG4da0Ar6vOxh2LTAVvr9yDp-2FcK-2BxZB3eHJbZ4AY4d2kc60V1okla9ao2xmAEHwyHgbjZpfIUZysDeWYisjkUxXAs8XxYpZQyx-2BdVrSqg3nFm-2BimpUuKwDu2H6A-3D-3D) - 20 reps
* Rest 60 secs repeat 3 times

**Workout 16:**

* [Goblet Squat](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIPhkft-2FjN8w8slwhpu6iKGQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOBFa7ajglXRlmmP2-2Fs3y352Fnag3ZMErKppYiyMo6mA0snMx1X9eB0A6lniYPztrQgWZJe6Sv9lzLcgRnWjjk239jZYQzR6HCi4JE8Tk53zjUtX0hhjtExlOGrxvZWRwou7zt2Er-2FmUAUN-2BECaJFlbT9xEEOd02v9g6N1TkTQXtzaHFPzNNs0-2BUj-2BmFanNFOxJCDfSmwqyS68DKzskxVSp60S4NXqiZAz293yOS-2BQEV-2ByFXwyJHVmX7KYh4-2Bo03y-2Fz7XmTZgKnsG58YNt2-2BBJaosf-2BL3ibLcMZ3eyBZ5-2BHV5P0Sot-2BJSTQuMdx1FDOvnKN-2FPLqqEf96S-2F0dX7xuLqyTVSx4-2Fn2GhnLu9Tsv6nt84-2Fi4QclWHhts1AaPL-2FyjvfXpxMG1Zs0VzNqfwLHdKHGU-2BUUdh-2FAdBWwS3Y-2Bjx0dQ92LUiCZCRluXicDrrZPbSsw-3D-3D) - 20 seconds
* Goblet Squat Hold - 10 seconds
* Repeat 8 times

**Workout 17:**

* [Left Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOHDDudUa-2F5Jut2Zaj9JmOmzx8f1irU2V7UZz5FD1pLIIOd2m9qX90vfrnsfvnrJNfx1Bx2XK0T5rlelqSDhDl8H9nZGKh8PniM2i-2FS-2FkQRiDbZzmLp6kbp16IFiBbqbSvk4lVArLRBUMxC6dY1aSkCxQUX-2B5W3ZE96KGHlCZ78xsw9p3jyUPV-2FSAVndjWLcuec-2FvV-2Fnm1MuTP4ANURO5W2kD4CyEkKYQYyMCZqsFFxDhbDcS1T2kHbKEYO7djiP0DXe7WFa2xlT0sxF-2B9GxcHymnXG-2FI-2Fg8-2BonwUpznfWrU-2FWXcFt6duuKq3kXwoGI4rW5HUF-2FipF-2BAo8I0YT7D0QR-2BD-2FNX-2FmhWyPNU2mVGZ2yuDlKI7Qh-2FBrTfQDykQDWzHPkZZfkA6KZ1LZVEfSxfR7e49bI90u5ebrAHBt0yP6b1h-2FjoTim9AEVoohVCFrwUu5w-3D-3D) - 10 - 1 reps
* [Right Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOHDDudUa-2F5Jut2Zaj9JmOmzx8f1irU2V7UZz5FD1pLIIOd2m9qX90vfrnsfvnrJNfx1Bx2XK0T5rlelqSDhDl8H9nZGKh8PniM2i-2FS-2FkQRiDbZzmLp6kbp16IFiBbqbSvk4lVArLRBUMxC6dY1aSkCyhcaS9-2FhNQTqB9C51F-2FjRnxyhe8v8sQ-2F564vkWjB6GYFzbQxNgZPGiB6K3riqYIO6NwSLg1HZWjaaFOUB5nQt52PhU-2B54x34CiQsBOHeRMmpk2UUNOgogCfv2Q-2BJCJl9ONbnYN4WvAEzvadBwRIrcCmF4hVPhBS6T8EZ2xkPXuVGg0MBPrVfhb-2FZ8Nqupk88fXGGKGjCehnb34gD7moqZsiJODsdkvIg8-2B9FBPYOJL9e86kS-2FEh42TGfDzaCe1JuIe7cPx6AaKJh64cN5Cjvq6CoRGe7dRwTCHUy1MdW-2FC7A-3D-3D) - 10 - 1 reps
* [Two Handed Squat & Press](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIcg1eaGFNwOUdH8-2F1tm-2BgOb-2BAHst41lRBA3vTGE0P4xc-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOHDDudUa-2F5Jut2Zaj9JmOmzx8f1irU2V7UZz5FD1pLIIOd2m9qX90vfrnsfvnrJNfx1Bx2XK0T5rlelqSDhDl8H9nZGKh8PniM2i-2FS-2FkQRiDbZzmLp6kbp16IFiBbqbSvk4lVArLRBUMxC6dY1aSkCxtvxIlKejjLa3YxVGIpB9dhWSkVGuyAwxOWZFqYzTqs17ySc8LfZeq5zoa0N9MRsxxyWsSM-2BUImoJRIW-2By22c4GnR8bqZbtJ8TbpbpvnKFbS3Iu00l2dI0scaoQsxJhzuXT1-2BCUXwvYrkmGGbJ-2Bl98c8McspKuWiF11IxCku0igvpaaNgddvJ3oLRz8-2Bt3XOGFBOi-2Fa-2Fs-2B-2FwiV8rKofd4bLYdjMMfg9vvea3ODPBS9Eg0k4rvgRDqyVvHBdBxz1oAmE3IRBU9jt2mg9krI347i09Xv0uuZBaKzYTRNCuYQ-2BQ-3D-3D) - 10 - 1 reps
* [Fast Mountain Climbers](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2FamAKUoAL9fIqGmoeBoY82qA22qmsinPAKeJb4Xdu7bPEYjX516HtWZfAJtm2eeyA-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOHDDudUa-2F5Jut2Zaj9JmOmzx8f1irU2V7UZz5FD1pLIIOd2m9qX90vfrnsfvnrJNfx1Bx2XK0T5rlelqSDhDl8H9nZGKh8PniM2i-2FS-2FkQRiDbZzmLp6kbp16IFiBbqbSvk4lVArLRBUMxC6dY1aSkCzMMSpP2HuptU5nnhsGanScnamMFWxj5qt1PFZI1kRtotpdl8MnoQ1sF9HANsyEIfFx33f-2Fr5bFqZ8WQ3f1W1wc3WH39ykrdLnUDbrgniGQmYkGw-2BlPHNeaX4ieBssVjgYDJq9YauFm7kUqslmDAqE-2FIJ-2FYOcGpJtT-2BRVgS7RjJh1SUe9TPdFHE40EnBNnkK8koNwn7gY6xVZ-2F2LksoNmHewDV3AkERYNFh-2FR5wHk6FE5kllHkjGQ-2FmHDuN4Riiqm7ZHWDdxXOoXD9v-2FQ9CHNSNd8fW-2FhAPTDdmiq6apbsbHg-3D-3D)  - 10 - 1 reps (left & right=1 rep)
* Repeat reducing reps by 1 each round

**Workout 18:**

* [Left Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOA7uOtVV030S1amyj-2BEUPXP21axGj-2FzNPSTqtg2jtaSViOuZXO6TqKmYUCQNFqJ4T3Y59-2B9HAqlZqRJpnS-2BzHjMSP-2BcHne4pdA01SsbwAMAwlfeGPIxrS3lNAn3UBEVTqzYlVdkI8-2Ba1Ry2Mof6draiVyesVjvaRhBIwb5sDyNtneAo6GAQ9-2F8COjg7b-2Bo48d6IDCUT8r7JxHkxMT7KCdEUYFmLw7fsm12aDGnK1uTpdF8GNRzwmlYoPbNPyimR9jK1k8bqyn9etIBU4dnKas-2BWf-2BKSHa1m5P9cs-2FAogCnGj4R7aqRdR430DbCEEhhWt7WKTkGVPaTOAgbNx9x67NgPB8lgXa1zaapVvCZoZmD66-2FI39evB226Rn9LAuimPvh4RHjFdkcG70wNamibch-2FYTF2l4U3L-2Br4y1pE45oRRpEtav8mvavXDvRSdVElzkQpg-3D-3D) - 20 reps
* [Right Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOA7uOtVV030S1amyj-2BEUPXP21axGj-2FzNPSTqtg2jtaSViOuZXO6TqKmYUCQNFqJ4T3Y59-2B9HAqlZqRJpnS-2BzHjMSP-2BcHne4pdA01SsbwAMAwlfeGPIxrS3lNAn3UBEVTqzYlVdkI8-2Ba1Ry2Mof6drahTxpXPgZ2fUG9-2Fbt356Lra-2FNnM9Kl5A3KrXh-2FKzgarued8Q5HxggePdW6JD-2B2PDbScKHG8Xg-2BD-2B3KHpp55nfRC7pYQ9wCx6alE7oka-2BWS8pj7lSimFOKY8pgEVQB8FFU2X4KTs-2BGkwZKnJoBTrJDnvddi4UKlzpv6iPnYESv-2BeIrInulIHd24qPmGTMRvUcwzhLgyeTdzacUcUs4yp681pAvLy7d39-2BlA-2B-2B8sB2WUy8ES3hDPOEAdtzIGxnw6zNUKZS7s8W0OeU0-2BByJ4JK37jZig69cvDTr6U7qg28soE-2Bw-3D-3D) - 20 reps
* [Left Racked Squat](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBNDUrDijOBwOJCRv2qoBIGA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOA7uOtVV030S1amyj-2BEUPXP21axGj-2FzNPSTqtg2jtaSViOuZXO6TqKmYUCQNFqJ4T3Y59-2B9HAqlZqRJpnS-2BzHjMSP-2BcHne4pdA01SsbwAMAwlfeGPIxrS3lNAn3UBEVTqzYlVdkI8-2Ba1Ry2Mof6drajgwR5OohfSCgRzv7Jy23kc5ODmZy6IK6Aqpk40cINbw-2FSXdMzLPgPhq139W-2F7LNHCIB7t27BGHIO4wa2Smat-2Bc6tswpAHsGQcQY9KDpw7XMsxMi3-2BNK5ecaTCGq-2Fu8SMlGW-2BGo-2FTD45hy2J5-2BY0WkpXDmvfmmSLghoGkku1Hqx2-2BnPprT7LV24Ez46BQY8-2BHdX1Jo7lBTSkvPGkx-2FP4jscEEjOZw0MIm6kUPuClRH9wHGsGlZWFXi6uvZpT32xsRKVrt-2BzLoH6m53ffSt5CTKM5PQsuNAyjIEC1xOhXiYntA-3D-3D)  - 10 reps
* [Right Racked Squat](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBNDUrDijOBwOJCRv2qoBIGA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOA7uOtVV030S1amyj-2BEUPXP21axGj-2FzNPSTqtg2jtaSViOuZXO6TqKmYUCQNFqJ4T3Y59-2B9HAqlZqRJpnS-2BzHjMSP-2BcHne4pdA01SsbwAMAwlfeGPIxrS3lNAn3UBEVTqzYlVdkI8-2Ba1Ry2Mof6dragolT5p270KrMXxiHOX00NTZnCNDAZvgkntr4XiOe9uuwySIrSaX4Ak2n7duu1RLE13971KErpEWXvGSvDthjoTO0GyN1-2FDltlf39r7T8PQIeyi-2FmYo8PK0IglZfYZYn6vtAu2DdX3470JkeoVW7o7CTOFZst4EJnzN6dE-2BpL2y-2F9P-2Bjt0d1H3IyRqWym-2FLOY85VLUOnEvu6a7w7MVocsbOfMrb-2Bcsd4Kkb61uOgIL8wQQfodTh3QBTJZNgCihlA1eTNhgh4tiVTzQJA28QtGU57LH5DVyst9bAuIq7XvHF-2FA-3D-3D) - 10 reps
* [Reverse Turkish Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBw9PI-2B3qP5mXf7Gakq4-2BYBA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOA7uOtVV030S1amyj-2BEUPXP21axGj-2FzNPSTqtg2jtaSViOuZXO6TqKmYUCQNFqJ4T3Y59-2B9HAqlZqRJpnS-2BzHjMSP-2BcHne4pdA01SsbwAMAwlfeGPIxrS3lNAn3UBEVTqzYlVdkI8-2Ba1Ry2Mof6drairMwokL-2Bz87RF7LgdcaDAZujsXkptHvwYX9N0V3UTZ-2F7XXhBoyUPS5hSi-2FGynYIjal00dR71pR-2BsfhoOwGvgwgWdW8OQ3yeIdYgfTnbw4XnNwrgFBomNU5bj8E4Dw8g40PPYukC0GqFATnAxgrf4PETwCgI-2B-2FwUo-2FrvoLDT1ewOr97Hg46bmlnwjR8rz3-2FzYY4wdeHHnSUsCaYqN7PpsPZUf9-2F2AiDHekZIzZanr-2FSmZeimIzr9YJGpgLK-2FyAkht1bpPu3aDqRciiTtHoGHwJInDDt2xV1sWpQMQb9gDM3Tw-3D-3D) - 6 reps (alternating sides)
* Rest 2 minutes, repeat 3 times

**Workout 19:**

* [Left Thruster](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BI2rg5J9rQ1t-2BKyNhNv2F5ZQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOBhSTcQp3uf-2F24fncVuaXbFx0oplrGztlyEn0Koqm-2F37SyT0PF3hfabS2-2F7K-2B6rD6Gdk9XpQWegiJKnsyTMRXrKLGCO-2BEgpdOR3FdmP-2BQwlxqy4Qowv5MBKf6AT-2Bue54rXjaFZLEV1050mtDszj626N-2FM7fTkEGitaMm-2BQlwVSXHed-2B47173sVKX3z16JrM64GhYNeNXjXRyrupc3BIElUrMWH-2BRZsc8IPWYKpe5FTbeCQ6QKPLqsZKxJw1oqCPzhriCQTocwAa6Gc0QvMPXT331NkNEWTX1au5bBBjr4XgcBFRwVwiKOtz7lcrC0orLLaDmOZXWXZfZDP8y8qcivYDOWMq-2FzRQE2QfqpnR2AaQg4LfWEbAKW6grHUAiN52VnjHbnHFxxV6jQJGB09G-2B2wob-2F88EWkTWRwB-2BNmmgLUTYJNIS1eKlK4n50JEH7-2FOiqw-3D-3D) - 30 seconds
* Rest - 15 seconds
* [Right Thruster](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BI2rg5J9rQ1t-2BKyNhNv2F5ZQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOBhSTcQp3uf-2F24fncVuaXbFx0oplrGztlyEn0Koqm-2F37SyT0PF3hfabS2-2F7K-2B6rD6Gdk9XpQWegiJKnsyTMRXrKLGCO-2BEgpdOR3FdmP-2BQwlxqy4Qowv5MBKf6AT-2Bue54rXjaFZLEV1050mtDszj626MZvI6ppkVL-2BOOeXysO4d-2B48UwBjWPACnReNDooB8TEkXl8Nqro6ARWYAGxTC5EfLjxQqsMlVt1gL8x6R5omrg-2FrRtAYlUpebIqD4OWUzmH9iDHuJxnLIRFLZLODwyBItLKv5mcLFKHEW-2FuxaIa7KXIuWNIXwOvSFFXcfhhDF-2Bqcu1afuZgUe56No72o-2BqxNQ92FiCxAFM0Td9V0EW55SgqbNiEq-2BNI7VhkhgafK-2BpM25lFV1qHjg2wlUoWtpt4GYZ8YaTUHfiuEYKQ6m-2BKiOMlCWvbT8e6tS5LPFbxLXTtxQ-3D-3D) - 30 seconds
* Rest - 15 seconds
* Repeat 4 times

**Workout 20:**

* [Left Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJEgRBfSzjOTH99vb8LKV-2FQyTIlEK3v9IvkOc8-2F6SW1aM69Gbquryaop-2FxR3OrVbTS3jjDvUPuMjvnH-2Bnu7-2FTV0H9zkMx0byzaynMJn4QEeZpdRt-2FnEFk7DphAdRQNtv4NFzrht2o-2BfJ-2Bo7qQBt1icz89QvoAC5fZz0TkeYHHehgbbrKVhGEXxuy1v5XyF87IjRWYGixiEb-2BlSuYG82YWhxk7Ci3IuH5ca-2BNULii3kT0TLAJseq-2FRoR-2FiUar4hYpeUfRMEwrwoJpr-2FDsqDbI1ex9pVqK62xt0xhcHe6FpN7N2y8CmRSUMqJ70VRMLA5JB8kPIFfcTN4LcgmYwvMyn5Ifhb87RPT7MTUBkpoUOQ2vTxsj9E-2BkC8lbcKLxZeG9AoIbjbgc58-2F-2BL-2Bp2w9He1JS3qqoW41XAq51iKEVBili3zTtwauaEsCAiwyHB9OcH7A-3D-3D) - 50 reps
* [Right Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJEgRBfSzjOTH99vb8LKV-2FQyTIlEK3v9IvkOc8-2F6SW1aM69Gbquryaop-2FxR3OrVbTS3jjDvUPuMjvnH-2Bnu7-2FTV0H9zkMx0byzaynMJn4QEeZpdRt-2FnEFk7DphAdRQNtv4NFzrht2o-2BfJ-2Bo7qQBt1icwSe4L9ynXKcaU7yA5EsevBzQYvwDtkUIdYSWIflDFGIGwu3SK4Xdx1dR39ANIypPdMZF7-2Bv2BQ9OpygDLi7ilBnGDepwwVtFqSkWrcA-2FtkclTQspLypKPItD0V6gL86kmH7h7rkCDv7MuceEkEwY9pveYftu-2BemAYEj-2BlSICaDGGNZGNu1jtUzocmev9vefa35lzwqOF1rzvNsvEB1fsCC4xPDyeeOd6RtIAo-2FPlSixT28MB7M3BnzbtIm2FuQY5B-2BIuHM4zEgpcea3HTHuC0CIPkAryAWPmjEVmMTaBtDVQ-3D-3D) - 50 reps
* [Left Thruster](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BI2rg5J9rQ1t-2BKyNhNv2F5ZQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJEgRBfSzjOTH99vb8LKV-2FQyTIlEK3v9IvkOc8-2F6SW1aM69Gbquryaop-2FxR3OrVbTS3jjDvUPuMjvnH-2Bnu7-2FTV0H9zkMx0byzaynMJn4QEeZpdRt-2FnEFk7DphAdRQNtv4NFzrht2o-2BfJ-2Bo7qQBt1icyLvgm-2F2-2BbFHj4meCt1g7e5UgipbD85Vy-2F58DhdXqfQYbUBD2ghvW5BcvSCvIFmecm-2Bd-2BK3yu7QjdApvjCMXW-2FoVioqAWb84rIasKgr6iLQrlRQ5mRo9zhC2R7BbyOtWG3f-2BSagCieiJ6LAfD8Fl52T8kyIpDFpl0yvqCjgYCYoFmE63IwIXXcLnWFXZhYchPGpE9NrWYoVGbUDWyw-2Bh-2BQ4xyC-2BaCAe66eAT917yS4LHDOdkinDZSbccsOhPB0a8-2FyMTSGwcNX-2B4Y3reZNHJBUGbwo-2BnPl5-2Fpm1lUL00KHc5Q-3D-3D) - 25 reps
* [Right Thruster](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BI2rg5J9rQ1t-2BKyNhNv2F5ZQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJEgRBfSzjOTH99vb8LKV-2FQyTIlEK3v9IvkOc8-2F6SW1aM69Gbquryaop-2FxR3OrVbTS3jjDvUPuMjvnH-2Bnu7-2FTV0H9zkMx0byzaynMJn4QEeZpdRt-2FnEFk7DphAdRQNtv4NFzrht2o-2BfJ-2Bo7qQBt1icyZ75KpOXMtFOni-2FiQETI0UkUmK01yOS1MD1ycqtjvS7dxumry-2FfRDXYvWdjNse2aSrEg6OI8mcwQCspZxE9NlpyRHxV2gma6Zcn-2BCYnYKcUAgIJL38FMHlK-2Bjj8sH99TSwFZ78blbnPwsr3-2F49nqyqhXy5tUSmAHa4Hlxo54KYkSo-2FjO7kfKi6i5iqdspbiYBNjp8o-2FIuqdSiG2wppWYSFQG92unpOHCCFVEgtU5DJffByNbPvy9ZVyDsNwAAcbtorMRYsKc3dwsPfTtOQW46THXRug04ciorL1-2B6RTvDJJA-3D-3D) - 25 reps
* [Squat Thrusts](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM697DV9rXFuIUzB1Y8X3M2nHbZIz-2BvCfCI3kDwAlg84rkw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJEgRBfSzjOTH99vb8LKV-2FQyTIlEK3v9IvkOc8-2F6SW1aM69Gbquryaop-2FxR3OrVbTS3jjDvUPuMjvnH-2Bnu7-2FTV0H9zkMx0byzaynMJn4QEeZpdRt-2FnEFk7DphAdRQNtv4NFzrht2o-2BfJ-2Bo7qQBt1icy5M0psoH32Y3sKfdSlP0KaabXAasN7isGssiVxWvwX3f25Th7ucmbkij2YSPUAFCLs9RSIW2s7ncRK5p-2BOHFzUnOZzuj-2Bci-2Fdd6xP0pL8f-2FFzouKwN0ABENVbZ-2BCWSf3FInnq2shCTma-2FHwuhnPZHcXpf-2FElA9uK3HIYmcxfCWSebxugUxeJFVgjXyvo7a4nl711DOjr5sPEFPDouJbOjn0no3M3z3coMEAZCLxUe22-2Bi3QGWrr4xIID1dhYWTUVeaGtNdUcyNpxxyyMGI-2FvPGjfX4SNdW7f4d5ACIeUd7TQ-3D-3D) - 50 reps
* [Left Half Get Ups](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBEcV-2FCtMf8vsu-2FnjgntjcuQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJEgRBfSzjOTH99vb8LKV-2FQyTIlEK3v9IvkOc8-2F6SW1aM69Gbquryaop-2FxR3OrVbTS3jjDvUPuMjvnH-2Bnu7-2FTV0H9zkMx0byzaynMJn4QEeZpdRt-2FnEFk7DphAdRQNtv4NFzrht2o-2BfJ-2Bo7qQBt1icyhfRfU8X9oZDfmC8lE1Xg5Mvj3iPrpe-2FfHCHwGiX-2FeTNh6TMjCF4A-2FTShiKbKnKonVq29pO71ksb-2FToc8usrk-2B71AtTEoco2VhUEvzzVRJ4bwwyWdOaEXV43JMAympXHbzEWBZxRMwZ2tcpXPj8RCKBfwIZEGlGUdsx2JRfS66qcYO-2BBGrdZtHMcEj5ZjsAOkm1YjPbIvg9e3ztupYADNK3XUe1pWWrsW4QSerrXwZiT0RZDekSM9dz0f0oTbTMUYdTS7tjFzxDqsLgo-2FUAHZ2o2I6ZR7UKk5X1HqH0ZRheg-3D-3D) - 10 reps
* [Right Half Get Ups](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBEcV-2FCtMf8vsu-2FnjgntjcuQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJEgRBfSzjOTH99vb8LKV-2FQyTIlEK3v9IvkOc8-2F6SW1aM69Gbquryaop-2FxR3OrVbTS3jjDvUPuMjvnH-2Bnu7-2FTV0H9zkMx0byzaynMJn4QEeZpdRt-2FnEFk7DphAdRQNtv4NFzrht2o-2BfJ-2Bo7qQBt1icy4rMbnDGmFssFIbzqNnzhhVSwPyqQaGu-2Frj4ZTs6l-2FndzbJ6z3eqPDfuoug6Bj8gRs-2BeMGXaokauSqerjiWYqAxnbFLQ5JA-2BrbE3n5iDae2Yyo-2B3h4j-2FXzcOlUtOno1sGTLMGzHrPEfFt6vhE91OTDCYRCKYo9DdfhAk0BBg13zzCnX1ZunW9XgMOzpyiXfhUSy4lsBTcnqpRjZTX2d2q26Njj9f6mgy7mgv4fDXTp7R3B9aPcNfMSOsw6NrDcmLKJTQuLkSiQBhVgm1JdvI6sZ1-2FpviqRGrgV8yIqLz74Cg-3D-3D) - 10 reps
* [Slow Mountain Climbers](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM68hbcMoN9A0xGYxtDHLnQsBiyy3QrE9FBeqlU34cUa-2FEtEJ6TH3G5xAx0tl2NOgjyI-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJEgRBfSzjOTH99vb8LKV-2FQyTIlEK3v9IvkOc8-2F6SW1aM69Gbquryaop-2FxR3OrVbTS3jjDvUPuMjvnH-2Bnu7-2FTV0H9zkMx0byzaynMJn4QEeZpdRt-2FnEFk7DphAdRQNtv4NFzrht2o-2BfJ-2Bo7qQBt1iczqz6ftHYsx-2FEVXG5eNBwl5JsJU5Imv3OoKHaJ68ExRGFgurk94spaG3iaophRF-2BLOXrLZlXjeXKLjI-2F1MFbY5BBcAArijHGRAZeP6d02dfy2Q6fQSI17lGu6UvK8hluNhAzx8rkHmphj9Upu6YBYPgb1Iqgs3aPb3elIYQPPYxJ-2FbRQGdLjd9jnvqAP5pskyiRI9zPS70JzTbGNedUKw5ik5ajyPV9Ynh-2BEi-2Br3CpjboCKEBz70mOIUWiVQa3OcXAbboDWaE2GXzcuR5nUTDGMvBcGrH5SD88-2FanNaq7UIzQ-3D-3D) - 50 reps

**Workout 21:**

* [Deck Squat](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIbfUfmDffRCLMPZeppVZ94w-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODQg4d-2FWOi3l-2BGhTaokuVHFha7GWQz8CVcHV9bDWth7gKfS9hFZzMuSR2GIRcpTCIywFUSVkVEc68gfZOjZJQDpKynEDmc70ZQTlqSewBixou1kKAMjV3zxf9JFNM7D1fYNy1vW-2FEvbOlleuzJTmvnNHQlGhbs6-2FPSrEOFS3mmzCGwLBVP6GrNxJNkppuwamxOlkFKRDEoOk-2BSicAcG-2FSYeBmK5ITQCtMvjN8aF7OJgXqz2don7wDsK1AWUaj-2BqCta-2FrS9PEP4tawkQoalBWZ5LbadkoIo8xLYGCLR3NkkZQhstL-2BaSRi4vn35MAFjtqH-2BAZL0fYV6RRpMDXOuEuP63Te6bCxU7l1p1EgY-2FxOXAOkldrIeEiL0aVUezAURZFOMrWrRBT3eBmC2HuSBPc2FTJ6-2FaARP-2F4Kx-2FUxIHlz65ia4Z28pUTIqFlDXZDXUIWrg-3D-3D) - 10 reps
* [Pistol Squat](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4wqq-2FQkpBDJsMZEY78NNep40bVi0IsvNjaWhTdWbSiIP9FYvsZsDHXH1c6nVai-2BbVU8h2Qvv9DiInHnL3Z19Kum_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODQg4d-2FWOi3l-2BGhTaokuVHFha7GWQz8CVcHV9bDWth7gKfS9hFZzMuSR2GIRcpTCIywFUSVkVEc68gfZOjZJQDpKynEDmc70ZQTlqSewBixou1kKAMjV3zxf9JFNM7D1fYNy1vW-2FEvbOlleuzJTmvnPQDHlG-2F31qN8ZVL-2BjijMtzSes0QeuY1lkWGiyCZpKuffFrflq-2FEDQBS1mxxi4-2F8XTITnonFniqUZj5bIaAosqNzofY9UTNbvjJydtPPS-2Ba-2F5kvOV0rwkROW-2F2CnnV1z8sBXg1jX1EiyVKysZQbrw4vxxGmzm84FmiG-2BGE-2BmqLhp-2BBpvAhvUSpPJCnlDiBXjkZ-2FeKTtNma48LMF8UDke0DboOnnM-2BqAHKoXq-2Fdv1SxR-2B5n9VVbN4UfWGWBfpNfhJAUiZzT9EzPZHvrhQv8EcFFy6kPlyACplbTqCsJkyp7DVg-3D-3D) - Alternate sides for as many as possible
* [Left Overhead Squat](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIdcFsf23PjnY-2B9oQ9I7PJeqYwOHpqzuQgwh4GJOj0vow-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODQg4d-2FWOi3l-2BGhTaokuVHFha7GWQz8CVcHV9bDWth7gKfS9hFZzMuSR2GIRcpTCIywFUSVkVEc68gfZOjZJQDpKynEDmc70ZQTlqSewBixou1kKAMjV3zxf9JFNM7D1fYNy1vW-2FEvbOlleuzJTmvnPl6-2B0h-2BDge0DWjtX-2BSe2VIO-2FvnT8IDsdB37Y9h-2FhMVALy4i4hgrBWmrb0ItruvCTzWSp-2BQftRtX3cbEZdcYQARcMAyf7H7h3Ceqi4KoUuksPMMcd4e2ZA-2F-2FxFrLwHDGQk7cr-2FYLS4k8PBLdsOm2MHOPs1V4JZ7SD4ziUG9kW0q6ZLGUyZOUfp1Yxy99VGphNtLDzehm0WMThQ-2Bu0g9pbHK736xTN4PY8vyfJtyn5WxPCgKiUEH3-2B0s4BKuuHv1Qv0QnBwhrqr2FR0VZYaJOYEnCowHQiyTVMzTLq91ZhAnsA-3D-3D) - 5 reps
* [Right Overhead Squat](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIdcFsf23PjnY-2B9oQ9I7PJeqYwOHpqzuQgwh4GJOj0vow-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODQg4d-2FWOi3l-2BGhTaokuVHFha7GWQz8CVcHV9bDWth7gKfS9hFZzMuSR2GIRcpTCIywFUSVkVEc68gfZOjZJQDpKynEDmc70ZQTlqSewBixou1kKAMjV3zxf9JFNM7D1fYNy1vW-2FEvbOlleuzJTmvnMSopELl9Sqyd7MvLXgX5JCFjv5-2BXF-2FIafdxsPRMvxfy4xxjOTLOOyUVx7PKqaQ22jpZVsxKCnC6Gb-2FcWbT3LlTU42-2FR-2FPtZ6JGa1gx7j2CSZLgM-2FeK-2FrjnmeIZgHviTm-2BCmqTF6jQhxX2QSU8zAWGCVJmjAQltro-2B4BEa5VKGXj6G8iInIix3ENdMQr3U8zvxW8yrP-2Br4uoqjg6t-2Bz2P4SNQI7Q43C9gCvAMcGUvFTLLYbyyRsdNSLOboOU6dNGln6T2lvCrgAQAAnv-2FzxXJguHI2v3iVuxozatTtyBfur1A-3D-3D) - 5 reps
* [Bird Dog with Rotation](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69lr5WRXOhSsXauZJ1M2QnNHD4vSsCFwfMduWSnkace2-2BfLJ9p-2FiD9svHeaTEgB33c-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODQg4d-2FWOi3l-2BGhTaokuVHFha7GWQz8CVcHV9bDWth7gKfS9hFZzMuSR2GIRcpTCIywFUSVkVEc68gfZOjZJQDpKynEDmc70ZQTlqSewBixou1kKAMjV3zxf9JFNM7D1fYNy1vW-2FEvbOlleuzJTmvnPk-2FS35FGDzN-2FRdNGZjKGs0j5wxdi29JOHyzImLznDXCytds6o8SE0iv3cjUUZMm8WrddtoXKDJqbazgHJKIWDdyZ2V98fvk-2B8-2B8Aa1-2BEkTiDLt50iSP9My6RgbxvjgdfsHZJm9VLanGSCm9kIv-2FT-2FhIJNuqZN5h4xgZ9GSKvaqo32skL-2FpUHd7f0-2FrAMw6Ca2XPrCcCzwoaUPVxoyW3jW-2Fuxuk1isKqvxU-2BvcVm3T6R-2Bgai7hLzfm8Cyk34yCVCnr09V55F5dDpsfqZyFQ-2BUO7EmUIgTjlKR2frLqOgMcTlQ-3D-3D) - 10 reps each side
* [Side Plank with Rotation](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69paRbZ819BimLo1jz9Trhe0RerNmwN-2FgsoqVdHLgvHhc7GLpPggsHvsRNrbe5zGFs-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODQg4d-2FWOi3l-2BGhTaokuVHFha7GWQz8CVcHV9bDWth7gKfS9hFZzMuSR2GIRcpTCIywFUSVkVEc68gfZOjZJQDpKynEDmc70ZQTlqSewBixou1kKAMjV3zxf9JFNM7D1fYNy1vW-2FEvbOlleuzJTmvnO0Y-2Fk6j9ajYtAPGCRwEpqhbQlKbiLzHCTKwT0o3c-2FEJ1QR5uMlKZI8H8-2FBQev3NeWO4HuZgRfUACbFa8F-2BmJGpu6KdEg0uAGD6nIpM1tim9T4vpjuUM8EkJZBnF4qQKollb1XunywlIXZXkYWmLBMBndzGPzxjK6-2Bf1fu-2Br0u5ZfYz5QKNMun-2Fiiqt2165wnaVUc0Mlvm4fXak4reGTJUNTc1UPWkx6-2BhwMaTZ6krQRQTmm5wPcVbbsj-2FL3KalPYggumLGqWCrfjRfqjhcWrAX-2Fax-2BFf-2FsybC-2FcsBWtwtIPw-3D-3D) - 10 reps each side
* [Dead Bugs](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2BKTC7Wute85lJ8IfJCTacJXd5-2BRfhdYWkD1qX41lEMYQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyODQg4d-2FWOi3l-2BGhTaokuVHFha7GWQz8CVcHV9bDWth7gKfS9hFZzMuSR2GIRcpTCIywFUSVkVEc68gfZOjZJQDpKynEDmc70ZQTlqSewBixou1kKAMjV3zxf9JFNM7D1fYNy1vW-2FEvbOlleuzJTmvnMytG0NBfv86FOzIXIh-2FKkHJfe-2BFYF1K-2BTwynysdoYZuXb-2BIOa1LPNbqsOX99HbFE61xMg-2FiMdTGRwSFNy-2FXSykOoqBTRw9VForU7mzx7t7umDU-2Fd9wCNB5LKz-2FtVC-2FJi3H02dVzjiDEvHQsQQUZ88cb19hU3eatMmVTKwq1p-2BfVbkkUbr9ZiJ3ZFXy4tzQDMqoM14u3uOWSf4UXPGSuc2pLsUNlIEw-2B-2FVCfcOPSEh1AOO-2FnakvVeuKJ7t1aP0kJtic9US3XbyfsJ-2BQ0HanV5RkAxMbehaaWt0ye0QbRJcCog-3D-3D) - 20 reps (alternating sides)
* Repeat 1-3 times

**Workout 22:**

* [Hip Openers](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2F7nvu96Ara-2F3RXK1aAkbBInYoIsHgCFv5W6PBbBIkcQQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLTGluKK7AbSmqxOyA4h24VTfxFaH03fGAyI0GPBx2FTNgtqocioh6d0w0tE80V7Ogaf7YybmVta63B1nRJta-2Fu1VlKV3u-2FTiy7Nj2w1e-2BrIQS8nVmxz9XKC6J5kP1D1xs-2B1DFbbxranlLSxW8-2Fl7JXvKBiWmZ3yU-2Bl2fsheOY8eKtKTiZvqSyHxHqmNNi3TvzKZj4Q2JvrUoHZVhwl8trwycdRz0P8E8xKLEqhL3P3xTzDx7gT6jdEiCvsRjb8LDh1nCK2BAxV0woq85dRaU6CWW2pC-2BIP7kyV-2FCmGNFLFvVzKvCw3ynZQ9492XsKAUfqXFSq8-2FpQbtIvFVPxiimxGtNW2goysoyNs-2Bhd43l-2B7eU4teA4qTKgzS-2Bnwg7gJ-2FK9zKRjNygjdLgx0uITpypn7lpKi8e1NvAGUSiaDtDTLCqZsH-2BG4cOTSJ0A3iHvytdw-3D-3D) - 20 reps (alternate sides)
* [Goblet Squats](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIPhkft-2FjN8w8slwhpu6iKGQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLTGluKK7AbSmqxOyA4h24VTfxFaH03fGAyI0GPBx2FTNgtqocioh6d0w0tE80V7Ogaf7YybmVta63B1nRJta-2Fu1VlKV3u-2FTiy7Nj2w1e-2BrIQS8nVmxz9XKC6J5kP1D1xs-2B1DFbbxranlLSxW8-2Fl7JW5JD2EQ5WqZbWhktSlcJycbzrxxZ8xwt2rytPLZNTPDxcNYpvJuhc2RWfgf6dfI1vPj3D61Yumas90bbtFi-2BQ1VOl1Y3mmUdjl3I4haPX4nUoaZhsjtt6VawyWzu3e3OMKe9v7KjGsbDHSVszE5b8LAyAIM4OYlrBZUuXppX9JCa40iEXJn1iQsM3I4Nml2VIchAh-2FMekMlFMqex4lSK8yurMjpQ0giOYUPRFnnhlAydC29lYTEmcLKZiTwR9iFqI-2BO8Nn1n-2Fvd4l2vcAFjciCoJICO2wVYJ0fIrewgwcZYQ-3D-3D) - 20 reps
* [Two Handed Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB5vaRA4GvBVj9hlenAKUQtOEzrbAWhggJh-2Far4zkx7fQ-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLTGluKK7AbSmqxOyA4h24VTfxFaH03fGAyI0GPBx2FTNgtqocioh6d0w0tE80V7Ogaf7YybmVta63B1nRJta-2Fu1VlKV3u-2FTiy7Nj2w1e-2BrIQS8nVmxz9XKC6J5kP1D1xs-2B1DFbbxranlLSxW8-2Fl7JUmrLN85nJw4xeNPH13ExSWdneVgunsiKor07zv0EMwy2QpAV5Y858-2FybWczFYeLHDztX9rdu2M4i8jeVsxZM-2BKlLE9wUwCeT8lkxNNGn45jlphkEVzwicNYlgTdNEGgDwxf284-2BsBR-2BPNOHyJKVwJ-2BYcGLq-2FDkA-2Fty7HQi5uh-2BJMW68Gc0gLf2Ss3XBlyXRNBRRa-2FR65-2FlqVnR-2BOeRSQ6mAPS6TH4Crl-2Bc9awg2ye6MrUh5WNPS4ONLadq14N2M-2FOtnEuyXcNFeuvfDv6Vr-2Bw4TaNtrMXRB8xc44eFBevBMg-3D-3D) - 20 reps
* [Push Ups](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69vLVeB-2BWLo5M0IL8uX8MUpEPVrqemRbRnFYYpnqm-2BjOA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLTGluKK7AbSmqxOyA4h24VTfxFaH03fGAyI0GPBx2FTNgtqocioh6d0w0tE80V7Ogaf7YybmVta63B1nRJta-2Fu1VlKV3u-2FTiy7Nj2w1e-2BrIQS8nVmxz9XKC6J5kP1D1xs-2B1DFbbxranlLSxW8-2Fl7JVrx-2BPY4haAgcQNN6e4rFiye166nAyBVq7Xee0XJ-2FnWahFL1P9DaXxotFvIcWkvsY1rF34Vu0dxOPAu16nhXI9qiJsRuDXMxUp-2Fwwcl5FZKJPIImnDEhBSrtz2ROwsDCntz-2Blo0-2F8nAbRN-2FnNj-2Bz-2BijFKqrEVC6JnQDoHUxsuWQQyM1NEdT0gE5N0jK6ZsrYqy7tR87VVEwSgpAZSuVhgTkdqaMkkAC2PlcdBPGaShxt2-2BdaXYDaSZx298tosAlJKgcLLwGnbBMRUczoEi61op9TWq7jBEHHPFeP2FqUwGciA-3D-3D) - 20 reps
* Repeat for 5 rounds reducing each exercise by 2 reps until you get down to 10 reps of each exercise

**Workout 23:**

* [Left Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOF5D0Rh81hYMoX2O77-2F9IrC1zFclDx-2B3MEGjLMD2MIBe3UJLvZakEAs2XxeVIc47Cu-2FOH4ajqTZKuzdRmVGPKpJMgcbJbeY6RzitsmjaqI3mA5USPH7GTu90upMmGPKbwPdJfF7uMZRdD23XEkrwYoZ51Ti7Kn-2BzSKQDyKqT36LY3IQNqIwKadmafrznvvMkPAE3W6wrd-2FDD1OcAtO7AblB5JyoSF4e7YDB-2F9A-2FxELKQhDlAGIAwXPFx7ULXUJDZtL0LS4Mp18pgtqDvTcHr-2B-2FIsGf-2F1l8irOerXbUMZK0DB6yegFAfGPy7IMsK1mDRrC0jYaw4Mi9RCYiMB7o32Lc-2BubatAN0nMySU-2FR6J42gx7Gpehzwdu2YpmwwXMY2-2FpcCMiXICvdwJMbhjxYS2k42IiZeU-2FrG9g9Lwqg8WsQKhndcxBgraiGyoLLXWREmfhug-3D-3D) - 30 seconds
* [Right Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOF5D0Rh81hYMoX2O77-2F9IrC1zFclDx-2B3MEGjLMD2MIBe3UJLvZakEAs2XxeVIc47Cu-2FOH4ajqTZKuzdRmVGPKpJMgcbJbeY6RzitsmjaqI3mA5USPH7GTu90upMmGPKbwPdJfF7uMZRdD23XEkrwYoaC3xzzAIM80mP-2FMHIjL-2BJFgqfLL008fnthtXZcK-2BHQfUWK3owTd7FHmbaFJhAiQD10QyZ-2Fe-2F2oUpIPEtgMP-2F95GfW-2FidRPMcKeLtoOhDkZie0Srn3pjUEQLzFfgIfhDhSU4WiSaL4mTkCPa-2FMGF2Aa02fcFZqefhoeIozQY9xFQKF5h8s3TLDg8aMrxqNDgCIBlm9Bzhn-2BkkgijUvSzpwOs46kiAtiCviLOZp3zDJg-2BQ47xWRGcv2MmUmmJhZyDw4AZv66fME-2B7L7ox0VHTfzKo9kLv-2FWNt5B84AcG2jU5jw-3D-3D) - 30 seconds
* [Left Reverse Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB-2B8Yvwyq6K23w1oGZOjpPyQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOF5D0Rh81hYMoX2O77-2F9IrC1zFclDx-2B3MEGjLMD2MIBe3UJLvZakEAs2XxeVIc47Cu-2FOH4ajqTZKuzdRmVGPKpJMgcbJbeY6RzitsmjaqI3mA5USPH7GTu90upMmGPKbwPdJfF7uMZRdD23XEkrwYobC-2FvUMzg0kPCG0CTiL1gQ7tSfGBYoUwCTdgvTSDdqH7ZUHS9JOW6N28edyhvUCIln6waAdHeiLDwA6DI99RZNb2LjeKVxEVy89iCiEBTJJueyHRYO0ReO2ghu-2F9XcZg6-2BlLzknICHBdCL-2BIpFApVOP-2B2zF0t3Zc4neFGQANsUsnG5hIPI7qG2JcE6uEGUcUZ8sVTYt99vxZhhhjtY8yjpkcz-2FOOtnT6nwL38Ovgky1tswDiIuOZwk2aVwLE3-2FG-2FKnLMj6pQDPOIGUZbAiE0UQyNJgBBtQZYe7SDcW7mcGXRg-3D-3D) - 30 seconds
* [Right Reverse Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB-2B8Yvwyq6K23w1oGZOjpPyQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOF5D0Rh81hYMoX2O77-2F9IrC1zFclDx-2B3MEGjLMD2MIBe3UJLvZakEAs2XxeVIc47Cu-2FOH4ajqTZKuzdRmVGPKpJMgcbJbeY6RzitsmjaqI3mA5USPH7GTu90upMmGPKbwPdJfF7uMZRdD23XEkrwYoaPIyub8eOnDyKIUysct0R5u6-2BSMdDw7-2FVMOx-2Bti-2Blgyh2OmUJGAKvFQv1siJaWNtvHkeurmGewxMZwa66DN4Q-2Bv4YukGnAHvLHlFjIc154ANAre1pElQ4vlSBcRn8iQ9qZ9ZE7wdwLJBrLduKl1RDPq5uCTJ-2B7M3ZMfwUGrvo6K-2BTqCOvbVLYM5AXqGqycByRTjIrd2rzKw5FliDdkWFJzLNW0wqIL5P8jNnGUMZc28CfByoUM48gfM-2Bq-2Bh69uV2pdNXo0II4e0n3ZgRqWzhX-2FF3TBiETBGFaza83OWgYFhQ-3D-3D) - 30 seconds
* [Left Thruster](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BI2rg5J9rQ1t-2BKyNhNv2F5ZQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOF5D0Rh81hYMoX2O77-2F9IrC1zFclDx-2B3MEGjLMD2MIBe3UJLvZakEAs2XxeVIc47Cu-2FOH4ajqTZKuzdRmVGPKpJMgcbJbeY6RzitsmjaqI3mA5USPH7GTu90upMmGPKbwPdJfF7uMZRdD23XEkrwYoZEBX3wrIDkRA2TAb-2FhXbrhm8cn0hStu3sndorqGU9mcN2OZFqfMJyulwRDuwxgEcfU8NPSrzgBCRnZFO5IeXz1OfW7-2FWiM-2FA8zc6hoDOrVkCKrxYq5FWU9IUmGuGL-2B-2FB-2Bms3kIGtU7VG3w0VLsMvo34SS61Y1uGk1RL6OXXX8ZH-2FgsBsWAEdH2qZuMAaALq03pZ8L-2FlFhlsi-2FwipON5zq2yIyCH03WLG6IZC1PqRQnzGlWFxwnH1f8-2F5t71cBQXg7e3HoIBbTF3lrFXaosrpubnHlpsVc-2B03-2BqSLVJ5zUrZA-3D-3D) - 30 seconds
* [Right Thruster](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BI2rg5J9rQ1t-2BKyNhNv2F5ZQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOF5D0Rh81hYMoX2O77-2F9IrC1zFclDx-2B3MEGjLMD2MIBe3UJLvZakEAs2XxeVIc47Cu-2FOH4ajqTZKuzdRmVGPKpJMgcbJbeY6RzitsmjaqI3mA5USPH7GTu90upMmGPKbwPdJfF7uMZRdD23XEkrwYoY1TZS1U-2B1viM0KpcX2wDjpq0OFk60D7y0iQT510nodojVMvc0Fguo8-2BgpA-2B-2Fy772swUtWGCStFl6TgXLiBPu-2BmeVkrByn9MEbMFZWFmksWNi4r8k8wt03k61iKVk2yJPKCtXEIIRepLy4-2FKqlxcVERMqLeeI9dhyllKy4O7-2FkB9fQYllohVDIsIUiW26a-2Fi-2BDPMu9Ukl4XmRbtl-2FQLunS9YaY-2B6zb-2BfTDP1I-2BYiMPd0gicCUzxNTTqomQ-2F6MsIbzhWRrv7sGfI64e-2BukMJl-2FSE6xJ1bKZ92FbhXIzg0VV8Hw-3D-3D) - 30 seconds
* [Left Reverse Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBw9PI-2B3qP5mXf7Gakq4-2BYBA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOF5D0Rh81hYMoX2O77-2F9IrC1zFclDx-2B3MEGjLMD2MIBe3UJLvZakEAs2XxeVIc47Cu-2FOH4ajqTZKuzdRmVGPKpJMgcbJbeY6RzitsmjaqI3mA5USPH7GTu90upMmGPKbwPdJfF7uMZRdD23XEkrwYoZZGxpa1LHJpCWDMIbUrdSHHx7mM1u9miJIDrtFaf-2FnzFIiMG1X0BZV0GM2DYZQj-2F5eL-2FXtnHsLKNMn0I7w4z22S16KdJecoJ4Jfgsb6dMzkdgYdLzAb6MO9y5Wofs4J5rm8Ux2afZHxiQyP-2ByXn2tRf8AD2-2FSyVrznnOldkhHhx13hZU2qq3RSQc0IIuEx51mlCv-2BLBRHL-2Fqq1C0C5P-2BypWtpJopqXchp2YLiSv4yqeT9DGVJI-2BRIyKwNzrVnypRFL0pvg4MMDIPzl1xVqghaVP8U9I8n6qhUniR1cxO6spQ-3D-3D) - 3 reps
* [Right Reverse Get Up](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBw9PI-2B3qP5mXf7Gakq4-2BYBA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOF5D0Rh81hYMoX2O77-2F9IrC1zFclDx-2B3MEGjLMD2MIBe3UJLvZakEAs2XxeVIc47Cu-2FOH4ajqTZKuzdRmVGPKpJMgcbJbeY6RzitsmjaqI3mA5USPH7GTu90upMmGPKbwPdJfF7uMZRdD23XEkrwYoYn5mIlk4xn0Ge72BgY3YWLlE4siNaYCfogqZw-2FGdqzufuV6GHOhIzwJgPM07RpnSTvgRWbHHYpb4z0czLeveIb-2FKbaHKTOzAO41EvHHdJHZ0nnP5M3RKPHNg15YYt8uJ61gOLC1h2A69AexWCBR8H1Wdb95apt4S8egtC0h7NBG6BVzQoMZ044PDtnwuLWLZrpcmlbhC9AQCp4Baq7mDgNZMaCM8psEeLz5V2AER-2FvLLhFqtH177LEAJMEHh6bHpM441BOEVRC8ij4kxW8KSzQ8zPBmWWwyhn0v4YgNuBeDg-3D-3D) - 3 reps
* Rest 60 seconds and repeat 3 times

**Workout 24:**

* [Left Side Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB12R-2FQAZXbrZhXQN8UBxGtw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOD3JRVLK38Anz9ui28TbOBcZ4w9LxHxAhZ5jYFnmwrpcZzRRnKyyDKaK-2BDF2H4At-2BIXMfqo2Wu87PHfZztFlZq3pzs7ubciqjHOXan-2FJYQImGexoubS6vsjLg0ntll89C3TxaCqcS3lz8Q7j0c5g4UJ4Ef-2BrUfGh4TiMdig2i8CulvBwWWZ4NxVpPhPh2cngAw74oVTYhBTmw-2BFi9nG2iUkOjzRis-2BtUSbvoDJB3-2FnhRX2wlfexHrWqc4rs2v5Y4R31-2BbEK0WLW4UuV73Y9tzfU2DxRyEYjAZOMS7qHptt86OsKg0PLcf5YP4r9JnEs9nYD2k7hXk8kVDoD3hNsKuMg4NHnkwhRnM-2FNbCxucLPwW2H8VMwuJzW2v2J7YggmA6U2JU8FuDeNvXAPl-2BDWNLEoStM3AodJ9RcnrmRsbXzVa9R-2Bqs2Btle9ScdYhNEFSzQ-3D-3D) - 5 reps + 1
* [Right Side Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB12R-2FQAZXbrZhXQN8UBxGtw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOD3JRVLK38Anz9ui28TbOBcZ4w9LxHxAhZ5jYFnmwrpcZzRRnKyyDKaK-2BDF2H4At-2BIXMfqo2Wu87PHfZztFlZq3pzs7ubciqjHOXan-2FJYQImGexoubS6vsjLg0ntll89C3TxaCqcS3lz8Q7j0c5g4UL8kJGZLadjytvmm1-2FlxFhisYT-2B28DpbUBDqGnPwA0mjZQIkij0PM6tVYOLnBUxiG9k1L-2FmzoGqJIIJt69o2l-2F3-2BnwWYMF7qSvQbumXJO2MC4Ik45IFJ7DasxAvYjRFXUJ3ol5-2F1MQPlbViK6z3kB6B9hToPe-2FT-2FDo-2FIOTPnDTg35c4akZDaP9aV8F93nsVK-2B5LFhiKpyb1-2BsiXvdAsF6ICeAVFFX5I1JZhwQI-2FrCtV6NUvyinewOhLuNmMskxS4hvgiceZh9W31T99UBKp6a-2F75yh4naiGOvQ-2FP9p0Slhx1w-3D-3D) - 5 reps + 1
* [Burpees](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2BnEEVPGbnseNmX0u-2FpHrIGsKtiG7hkZPY0EzkhX4lp1Q-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOD3JRVLK38Anz9ui28TbOBcZ4w9LxHxAhZ5jYFnmwrpcZzRRnKyyDKaK-2BDF2H4At-2BIXMfqo2Wu87PHfZztFlZq3pzs7ubciqjHOXan-2FJYQImGexoubS6vsjLg0ntll89C3TxaCqcS3lz8Q7j0c5g4UKvZ6YToJ46D-2BtG0tqjBthXQ7UDNInZFDsdI0Np6nts-2BovR7DJKJsA6DJ3aO7ZlXN-2BZ8EqroW1stUQZhE5RMDTGl0H-2Fj0l4a-2FRUXEzcQ13gqtg-2BHHvOVndGy7pCVsmc2N1zY0YZIcwNNA8TdFzv1t-2Fcxa87ByTmZFguni26-2BZovSd7ELXvkvlvMjkWi6exfRJai8pW6bWCfqsa4Qv4HZfgIIgqyaLzPYmOUiHtgfmtcQWVTB-2BpUAzXDaOn-2FIa8-2F71aLHNXvaLt7ijxxBDLPGhtZ1bPUJthfWmmLbaLvVCvS1Q-3D-3D) - 20 reps
* Repeat 5 times adding 1 rep of side lunges each round

**Workout 25:**

* [Double Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIT-2F3Emzq5T6SbhcHzqCoFOQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOCjFwEgkzgAyIwrma4t62bXSO2Nk5TcRLZ-2FS8I9YM5fWZCIigt3Fd4D7sot8hZTbcyp8-2FHKedV9CMve4M4OdN3AEF3pOFHbK7PSiSmMVYHclQK1xYiqdjqo8vU5UahdqIfA3CUzhAPLkk1NwWZufXaI3zBJcpAooDwv0JTUysrXEO821WLqcT7ZfwVrZd4LfOVMKBhta9vjLmc0CRT6RY2f7KGhvqhwCiujum65m-2FyMk-2F3C5ZrCxmsyoeltZ9pCXZr71-2F5VFWv3rJrpoiSj2Eq0LLzygreEYkzQhGIDliGkZOvDNo-2FU1qCp-2BIy0gXxGEldrtmaCWKj-2F0dgviinkhNSwGkx9ZWhsyyJ6idnoNPQ7x00lTnWa-2BER1HVGrTl76Wrc-2FY11o9Wcwkd9499phAtwCkdSoWt0RNzrNnbwe6-2FRpdTZZOSpotfpPmif8T-2FmTECA-3D-3D) - 5 reps each side
* [Thruster](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BI2rg5J9rQ1t-2BKyNhNv2F5ZQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOCjFwEgkzgAyIwrma4t62bXSO2Nk5TcRLZ-2FS8I9YM5fWZCIigt3Fd4D7sot8hZTbcyp8-2FHKedV9CMve4M4OdN3AEF3pOFHbK7PSiSmMVYHclQK1xYiqdjqo8vU5UahdqIfA3CUzhAPLkk1NwWZufXaK4mhtglgEHKczRilbxz2CSx53L8wJU9JfjCKvOgYEVtAp26ZhDf13c-2F4Faj-2FTnlnKx-2FQkCDQ3PuSVHn-2BWJnmOUjG7p8tyA2HkegdNFB1pGc7q2qAjOmkNBBwhh06fB1YJ9PsKlrLJOwY-2FYow-2Bi0A-2BzuNmQnJ6Tzko3prFXMxf0eFHsL0VwaFIPJfIr-2FFJzE-2FQwWQnZLZ0vPUH1-2FxW45LzZ4lZmU-2BAoFYLwL4UgXukFAVctea-2B86tWF36hiII4LBJc01hf9cT03QbM8n35lY7ZW4ZLBG4GzEk7cFF8ZQUOMug-3D-3D) - 5 reps each side
* [T Push Ups](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69GD9h2XESEpdIlSdR7K3DabicMAv-2FGhb2KbvSPsOq0Cw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOCjFwEgkzgAyIwrma4t62bXSO2Nk5TcRLZ-2FS8I9YM5fWZCIigt3Fd4D7sot8hZTbcyp8-2FHKedV9CMve4M4OdN3AEF3pOFHbK7PSiSmMVYHclQK1xYiqdjqo8vU5UahdqIfA3CUzhAPLkk1NwWZufXaLHtQGgHuH1WyW-2Bf7oQJp6j2tfoykSs0hXgoNcHpvLIUW-2BsQqccWaj3W6TWAvGqTinjEt-2BJIPW2ZlNXInyt1X2XU-2FTk9UKn3jBkOCZHvNqUWhuODk-2ByVyKIoCXWJQieCPaRyZ6Hs2TofICd9a8oSx2EcgrNZ36bP0bZLNRhTCOKNverkBGDQtAFr0ZkPa68XIEBYJm4n73B7oOknLGuYQLf2IM5njrMdz46M8UwEPw-2FtLFjcTD6LjXjPeBg-2BcvYUHjZfSfUaVyUfspJZWwlB6T8VqlknF-2Fi8rW07rFmUEKopg-3D-3D) - 5 reps each side
* Repeat for 7 minutes

Rest 2 minutes then...

* [Two Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB5vaRA4GvBVj9hlenAKUQtOEzrbAWhggJh-2Far4zkx7fQ-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOCjFwEgkzgAyIwrma4t62bXSO2Nk5TcRLZ-2FS8I9YM5fWZCIigt3Fd4D7sot8hZTbcyp8-2FHKedV9CMve4M4OdN3AEF3pOFHbK7PSiSmMVYHclQK1xYiqdjqo8vU5UahdqIfA3CUzhAPLkk1NwWZufXaJDyOFdZTTWoRCJ9OkZ5xuZh6n2xUHitMvATipSn0DFph-2FYiWmQ7MnAFncEK36M85Fr7C0hrOK53b2IMeVq4q7hQ1T3OEN1ra-2Bvd71kvNbZO-2FwzQEGXgRZ5ZYjsSEp198yr2nlILo2FdrA9u9TbsmYZV6BjyQZREn5LcAdFJ9-2B25VSUtVVeggCvklaRSlzJjlFOhBboVM3LqSl9hxnIl6DyPXqFqiNSkNDvpZQ2lSVxJJ-2FVW-2FywjdlTxo8uE1C-2FBnA9oOcNZoWWNPg2T-2Bg-2BYwuydpYQKsfLGzviBqs72JhThQ-3D-3D) - 20 reps
* [Squat Thrusts](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM697DV9rXFuIUzB1Y8X3M2nHbZIz-2BvCfCI3kDwAlg84rkw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOCjFwEgkzgAyIwrma4t62bXSO2Nk5TcRLZ-2FS8I9YM5fWZCIigt3Fd4D7sot8hZTbcyp8-2FHKedV9CMve4M4OdN3AEF3pOFHbK7PSiSmMVYHclQK1xYiqdjqo8vU5UahdqIfA3CUzhAPLkk1NwWZufXaJWI32v4uE-2BhkFLgx-2B9VA7R4Hc4o3rn-2BhFMFqQhF0m6-2B1tcCX1p2EldW8-2BE-2BseYfjVN5AG32HW-2F5AwslmCeta-2BiiEXJNTdG5-2FsOVSg-2BkEvb-2FoAIhUU2GD4k1CX4AcK34kHUJiQadFlKozowDZFcaGW9mRhO5jtunFOoIiiLuNwq7pPCreOkzucJl6tVkuQM8-2BXsdjW5aGdfOEuROVFjaLk3L5QE6XFvEQm46VARYO8-2BihwYN4fXbCRnKAo9hN1FOQ2wXA4IIqU30kaRjMc9XvGn7VZWvUhZquJkIBBMODv3iw-3D-3D) - 10 reps
* [Bob & Weave](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM6-2FhJeDHmn3rBKOu0kKG-2BTrhc-2Bdb9amp0su6L-2Bmtisx9GwYyzYvvuaP7fvwJBMX5TNc-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOCjFwEgkzgAyIwrma4t62bXSO2Nk5TcRLZ-2FS8I9YM5fWZCIigt3Fd4D7sot8hZTbcyp8-2FHKedV9CMve4M4OdN3AEF3pOFHbK7PSiSmMVYHclQK1xYiqdjqo8vU5UahdqIfA3CUzhAPLkk1NwWZufXaKdxAp6FUdK4TPqE-2B5pG7WxOoWj8dpKSepl2Lsiw4-2F55x015HGuehI0MgAeKBJbApmBQyNPTpGy1JRpDBGRKHbQjoGsybNQqhaudOPSEXCPmYbNlgMNYllZHBAN-2Fe76LIIv8jhszYjU5SW9CSS4JIiiu0YQLF97XfrbkSUcUOZeCvjfsXGBv9G66YwVE-2BbY6KGoYnnm-2BkinHNfVRzCnu0s3c6BaTfEUeLhz8gOIiKHVeU2C40CCAp-2BT979ExHYacuXTEM3OyYyXzjRb2C7-2B1aAkJu5RpIDxj-2BREFadtTmDVng-3D-3D) - 20 reps (no kettlebell)
* Repeat for 7 minutes

**Workout 26:**

* [Lunge with Rotation](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIrDRjp5-2FAwR6rGHtKxXJ8qcHbNu5ddJynLjg8HTTEK4g-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOMHrkcQANJClVdCDPDU-2BQX7E3GicEayIfjwPdsbkb-2FO-2BITWxEgG1K7HneDomzCGr2BYU4ckeQ1PTKDazfKun-2F-2FrJmWKzAx4HhiOyWEL6G58QhKQQwc8s-2BQI2FaQXZ3ThTsNEnA4i02p8DsOrKbImmSPVjo1o1LmtA4jHu95AYNTfeO-2FRloop3NYcktpfdLzA33XXzQc801yllGg1r3oqZc7nH3qNMPmXeCvhNWkxmJV6j-2BA-2F66Cv6S3mngVfORCpusmPDEvJQ2GkMRGBRZTG1txe8OW-2FGZYvndTkl5zfXLSOLlx754hgcZmDrri2SSeH0yShAd8XzzchFULYtappH2a0UUUhOXmhZnz5xo5Yo3qc4BvI-2BUGogfOcQytB7dQoXniVbcmos9rH9zqQTrzVi4zZ4kSJQw1n6rVFCyzz3mRL34bKjz4ycWUcd9-2B3ulHq4w-3D-3D) - 10 reps alternating sides
* [Cross Body Mountain Climbers](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69eILFvPxs8cSTqSC2RfByOrPhMO8Q06sBlNxcKN9ZQZxgce5v8U5XcDvvyYpcpdno-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOMHrkcQANJClVdCDPDU-2BQX7E3GicEayIfjwPdsbkb-2FO-2BITWxEgG1K7HneDomzCGr2BYU4ckeQ1PTKDazfKun-2F-2FrJmWKzAx4HhiOyWEL6G58QhKQQwc8s-2BQI2FaQXZ3ThTsNEnA4i02p8DsOrKbImmSP9r1MfMTbAl-2BYyWe6HEvLTYV2-2F465f0VJxEI-2FsFwtVkD7PpiTG52rkXUSWEfR045s7dwjLQa99nOWCGu4-2FmdldVdiJrAhkP4-2FO86kShKZjZyekoJM7Pc4ZgeZd7h6isRixAqzOhA6bIefz-2B8RK00P-2Bgm-2F39yca-2BmjCD3Ly-2BpBv3-2Fk-2Fak-2FT8BFCgK1exWj1jsh04d3mtj17ayZ5AEgNF9I0srOTj6CBpm5DI2qgBwn5mo6pfKLWgQrknpUcl7iCdDt43Rhl-2Bgyft-2Fo6-2B0pYQygi-2FBfREUBouyxkFx8Xn8vzIg-3D-3D) - 10 reps
* [Two Handed Squat and Press](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIcg1eaGFNwOUdH8-2F1tm-2BgOb-2BAHst41lRBA3vTGE0P4xc-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOMHrkcQANJClVdCDPDU-2BQX7E3GicEayIfjwPdsbkb-2FO-2BITWxEgG1K7HneDomzCGr2BYU4ckeQ1PTKDazfKun-2F-2FrJmWKzAx4HhiOyWEL6G58QhKQQwc8s-2BQI2FaQXZ3ThTsNEnA4i02p8DsOrKbImmSPPyAt4p-2Fka4p0wEGLieVGZouENonrYsqbtPFgMC96qB6DeXLAyv0g1d4-2B8sfsvzXYZcGEjTaigyyO1jaH8JTCPWfuWYK23Hi3IPaf0ZY64hOEQMcbxeRRzGKx-2BfmWtcpfqsQqV83SoDqAScGSyDuk585KH-2B1BtiGchIYZE0Ffru7ciej5GsUq6lMBS4jgybmhEgNotqszQ-2BiH5f4byECZmsXOaMjNt2oWJyaiu5Hdct8dM3dgqKLB4pOO-2Bi4h0cvLAQUPetlXJEQoVeNP18OqWf60MGNF2SkaqlDMVnJAN-2FA-3D-3D) - 10 reps
* [One Handed Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOMHrkcQANJClVdCDPDU-2BQX7E3GicEayIfjwPdsbkb-2FO-2BITWxEgG1K7HneDomzCGr2BYU4ckeQ1PTKDazfKun-2F-2FrJmWKzAx4HhiOyWEL6G58QhKQQwc8s-2BQI2FaQXZ3ThTsNEnA4i02p8DsOrKbImmSP8pgnmqgrVsIF-2BPSogPmV2BG3Ph0DEtca7iqE-2BnMdU4gBPq01a6ouTjThtiqCTITdS-2B9fLwwPuUoVPKTBI0WWCWTRqL5DbRav4oQ1PDOvADsJSP6vDBs89h9Ofy1iz-2BnF1M06MW7kSdwn-2B8g-2B1I0C18VIO7plXAplW9hcwnTw8qRKI6GYRgn-2FXeajLTUPd2feSpoNdiCZ9m59x2swBT6ej75ap9Jgx7Q4llW9IB4nqOEj7y1GK9rZcxM4N4vksRbR81bGHI-2Fb2rYh2Ty7OaKv-2FAqtdmCAwB1U-2FDygW6xi-2BzQ-3D-3D) - 10 reps each side
* [Squat Thrusts](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM697DV9rXFuIUzB1Y8X3M2nHbZIz-2BvCfCI3kDwAlg84rkw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOMHrkcQANJClVdCDPDU-2BQX7E3GicEayIfjwPdsbkb-2FO-2BITWxEgG1K7HneDomzCGr2BYU4ckeQ1PTKDazfKun-2F-2FrJmWKzAx4HhiOyWEL6G58QhKQQwc8s-2BQI2FaQXZ3ThTsNEnA4i02p8DsOrKbImmSPFHLTGSlLcK58OJc5bsu3lZb0ENSuRFbOGnkoMzKOCo2O9KunTiOWh5vWC0Z9JZJlIt7KxSXDgeaQZVbur-2BLEqvkMdIGVBQPcfri5hiAdYzpdl-2Fdo5PrLkc3boxG2NWpmPt-2FMeoVqTqyv-2FSWrG5muIvkUniFLt2CJb2LCUoTOxbmnK7-2B4pVqz7wru4wkpRghWXYhrbP6QKQ36QFVvwtLvVFOeU9xngj-2BfZBTV2LnNiAj9kN4rVwQ4KiRP7tIu5XVda7JpFtaP3CxfUndQpca8k5FfWhvbnLn6xhut9eJ3VCg-3D-3D) - 10 reps
* Rest 1 minute, repeat 3-5 times

**Workout 27:**

* [Left Double Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIT-2F3Emzq5T6SbhcHzqCoFOQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOBK3sSMLIPSCYF91rMcYkgnmlb2Anz6ZauN2lhpm74bs7Z5whEV9t2fzrqTNysYfhOihFSC2oEF2hFOJzmTMZPuCA5f-2F71EgVyjvD-2BaTxzWTj7aFd9qnDeOYCd17CHHUHlJsLPeIKb-2FoNUHYpjBlek-2FemsdgC9bpcCjo3Z571S0JgNwt6CnXsM3fG02QpQGlnZysC2JjzvOH5ujag8WKnvTqSP7OJXZmMO2VTx-2BUWjB5SfmhRZEJdjXcrXSHqDFjK-2Byc4Xs4Ve0Ph5B0TiCL2gT5NoVJdmcKwb0VwiQTBxTw7AemgaLEqvLINVec4VDg4qyoitNftKkOzJdAjer00wzHkSglDB6W-2BLq07ZB4-2BokFL7pJY8UTMr9ZEjwJKrLio-2BrfFy4-2FNLF4pi3Wnl-2BOHoPJPhBy8tBvCeotYgCJrS5fuJv3kTjUd1UqPkXetmStoQ-3D-3D) - 10 reps - 1
* [Right Double Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIT-2F3Emzq5T6SbhcHzqCoFOQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOBK3sSMLIPSCYF91rMcYkgnmlb2Anz6ZauN2lhpm74bs7Z5whEV9t2fzrqTNysYfhOihFSC2oEF2hFOJzmTMZPuCA5f-2F71EgVyjvD-2BaTxzWTj7aFd9qnDeOYCd17CHHUHlJsLPeIKb-2FoNUHYpjBlek8Ke-2BTK7bJH7AsniOw53Y9xrN-2FiKDbGRlkwQI0sRajGnZ6gYZ9TAQA1MfKcn4M3KmuCAe-2BQh8LNmatmyUHNVXdg0EvNiEeaywuVkhmJx-2F6EQrFJu4ZiKBOjsoITLk1cojzomA6wyvTI6C7rUA2w-2BEuWOi-2BHVNOBdALb5nHSrZv7ZZhgyybfI7uWJ9Ll-2BhBs2W1iPHr24XsjBhmyIqHP-2BlUy5wQYCDfPUcZ4CaEPblDQ6x7Io33CnomTgJbHaHKEElk2WM0wxgGLzhUnVEH895kfuO3Ybh-2BrjNnAUAw-2FNhcHig-3D-3D) - 10 reps - 1
* [One Handed Swings](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBjoySinTDlLZgzSLocGg7RP9DZR4WCp-2F3RF8P6o-2BYE58-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOBK3sSMLIPSCYF91rMcYkgnmlb2Anz6ZauN2lhpm74bs7Z5whEV9t2fzrqTNysYfhOihFSC2oEF2hFOJzmTMZPuCA5f-2F71EgVyjvD-2BaTxzWTj7aFd9qnDeOYCd17CHHUHlJsLPeIKb-2FoNUHYpjBlek8pauE27aaZ-2BjXD8sPEBpaKPrD3csLtVf8-2BIFMhAX8FBVyTpT3Bu4WpIMt6ANYcgJsPboYbO68A4KQIbKCr0gYY3XYbkwVYAn2yu4-2B-2BLpwT3-2BNWq2jUKQvlz8-2BMSK-2FC2sIBC-2BBEc4HaDp2aRQjfDVFekV8GjcFX-2B3-2B3TNxRePM7tG2OLyrHQdabJagoVALJ4MA7XZHijNQzra3lXggiJwbMK0xt960a9-2F6hiDMc5X-2F9TqEzKbxNyyEdJLzp0FvBlkQwu2cY7vKx9ZdgOaKolycF5Oiai43tkR9w-2FVUt0-2BI6xg-3D-3D) - 10 reps each side
* Repeat for 10 rounds reducing only the Lunges by 1 rep each round

**Workout 28:**

Lets practice the clock lunge.

Imagine you are stood in the centre of a clock.

* [Right Forward Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBpzX1uGlgk1n5a-2BgqvDWg9w-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJAUy2CpmJJd9z0Z6EuZShdUox9lM0gMs81Rf91lCaJmtZnfELsTxRZ1objJKpRusL8wsCcsIW2nXgoU2XuEMnO3J9Dd4JuuxRNYKZnNvfVtchmW8NiXuLP1ibiaq5uHQ4L8kZKBy3fcenzf9UHJEYumESO-2BjwyMqpzqGu8qguAAoPn2kRpnACe59pgNhyU21i5Jjfr28DqY5ithye9y7tCrDhSWBpE-2B6jrQl9wDXut06WOYhvFFlatsXvSZb-2FrMSfZbyW96nF4glwV-2FiRlyp-2BRn6q9a6RdSX4YFHRzt-2FkbpbR7lL4Pd-2FDioJXjEwzu35iech0kU3ZB3EyTG6F6ZUjh7TNICemnLNRWIqx8QWCzt8C7FkTx2S2xW-2FRzwZB86cuVjhOF8MtMhnpWFuvWiKnsSXbzh6wRRc-2FEIP64VHWhInbvN35Q6AbFoASFYNVn6QA-3D-3D) - 12 o'clock
* [Right Side Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB12R-2FQAZXbrZhXQN8UBxGtw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJAUy2CpmJJd9z0Z6EuZShdUox9lM0gMs81Rf91lCaJmtZnfELsTxRZ1objJKpRusL8wsCcsIW2nXgoU2XuEMnO3J9Dd4JuuxRNYKZnNvfVtchmW8NiXuLP1ibiaq5uHQ4L8kZKBy3fcenzf9UHJEYs6WJjOIKzF5EjTo2T-2BlBL7n2ClpkQLvNM-2Fc9xxxSlIvx0-2FA52rG1ID3dH6yi-2Bc9VgQwo72ZfTLVyWUpdp54YIGOAazOVOTIXezVy3QaXVMLi-2F5hGJ7LO-2B26PA3c7YTjRGw-2BStQS7uqoU6w1Ysnxq31-2BBVIvVBtIEr6ZToDyZOtzOM8yBXUqCfPfcdgXm6HwR4cvmimFkq7UMEsMgmAFWt6Ah20sF3AAm6pXREa5TjuAv45J9i0RxW7-2FRabdcOcKgsr1Ofusqod42XGjJudNBHz9RJdWBj0zNJTTopdFb6Cag-3D-3D) - 3 o'clock
* [Right Reverse Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB-2B8Yvwyq6K23w1oGZOjpPyQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJAUy2CpmJJd9z0Z6EuZShdUox9lM0gMs81Rf91lCaJmtZnfELsTxRZ1objJKpRusL8wsCcsIW2nXgoU2XuEMnO3J9Dd4JuuxRNYKZnNvfVtchmW8NiXuLP1ibiaq5uHQ4L8kZKBy3fcenzf9UHJEYsrbPigI8ZexfJe-2B0Snl6NcHE4JoT9-2BUhmHLm1foFknxn3sjVOEnucxcqFJnnjcZ0NkqP11HqBde8ewgm3rcNcFbXkbWaeFcWqvNAr4zZLd-2BOLA8LiwMCqO-2BPTENt37QYVHDWVcz2ppBU7Ojn41ZTjTRl04BOsTxDy3S1g9HuenK5u4EvkreqmHsuVT2FCCsPTZ0nzxeAppeRUV-2FL0Bkd2uQJMQ-2BR6-2BwYZm7zM8FWMljoyzJ3WgMTdXrsujDhIQLpewIjbSJP3Gled6bgNQ7hmTAw1k7FlyC9bzllt4rhTNxw-3D-3D) - 6 o'clock
* [Left Reverse Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB-2B8Yvwyq6K23w1oGZOjpPyQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJAUy2CpmJJd9z0Z6EuZShdUox9lM0gMs81Rf91lCaJmtZnfELsTxRZ1objJKpRusL8wsCcsIW2nXgoU2XuEMnO3J9Dd4JuuxRNYKZnNvfVtchmW8NiXuLP1ibiaq5uHQ4L8kZKBy3fcenzf9UHJEYu5pJdJ4wb2U0-2BTOvmUW-2FQ8-2BiTool5LJk0DbJt07mggM-2BLjik-2Bb3wXu-2BDDlURNz1dxV82-2FlxDOt3tWRRw1NYAPqgHJGsoHayaOPc9079FMG416kbU7jHoVL-2Flr6IR3J8CH1PGKPAA1g5kReCBDhAJcWAkOmyptgJaOMPgX69wAJu3-2BX7dDpnx9gkAl0EZMgVTeB0F6MXKZz5nuky3mDKxHlAblyCFI059S7YTdzHeVkazj-2B-2BQDsgxfzRwVR5wu7LxCdukXsMejdOHyWX4bRVCZSUijro1DPY6O11GNiUK8oxw-3D-3D) - 6 o'clock
* [Left Side Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB12R-2FQAZXbrZhXQN8UBxGtw-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJAUy2CpmJJd9z0Z6EuZShdUox9lM0gMs81Rf91lCaJmtZnfELsTxRZ1objJKpRusL8wsCcsIW2nXgoU2XuEMnO3J9Dd4JuuxRNYKZnNvfVtchmW8NiXuLP1ibiaq5uHQ4L8kZKBy3fcenzf9UHJEYvdzinqXclUV0NmVpmpfc8nPf9kPK5ZmA8ISwdGjaN1aWO1r-2FOQqC7EDbNRgEB8g4pM81uzOmzXyRNEmvgEf-2B1doS0FN03V2mQa0BHOlSh5DjjcG2Og48kiUx5qDx5yZGIC5DX0r3Ya-2FxGUPjnu1w1rUDnKszQG6OpKluNxznyCQw5VBCdHLtaffL2LM4OJ0wwJmUXmJ-2B9G6g3LkW427fen6bm3UhqOoRPFwgmk4AyJ7rLkTOMjqW9g0mFvkx06fsFsO4IEmarS3OchaZk67qhf4h3YjqnbQ0g9iKOBPeOQQA-3D-3D) - 9 o'clock
* [Left Forward Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBpzX1uGlgk1n5a-2BgqvDWg9w-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOJAUy2CpmJJd9z0Z6EuZShdUox9lM0gMs81Rf91lCaJmtZnfELsTxRZ1objJKpRusL8wsCcsIW2nXgoU2XuEMnO3J9Dd4JuuxRNYKZnNvfVtchmW8NiXuLP1ibiaq5uHQ4L8kZKBy3fcenzf9UHJEYv0R8y8E0eBaM8WMoVr7xNIVvs5vSpyIosxwdO2exWgpNSLw52UtlV6O5njtR29ozEAa3X5BBz0F4T2WCSUVm4dM48XyH-2FaWl9wLE8nM7g9Z-2FD93MJbRkzpm5r6Ex8jKOG6q5mMeM5HYDpQWciJbOxLFvOD5AWo4chk20bW0hNj1VE5Bf3zSvijIwLy38vt40DXjmvvhIhkNaDS71kyiSH9FBq5cpq03XJYZZceJl-2BFqTOHZcp89rguWsn7uG-2Fm0ihlpu51gvF7-2B0BmwT8DDmUFYFEIVrwD8yohtRvVleFTuA-3D-3D) - 12 o'clock
* Repeat for as many rounds as you feel comfortable

**Workout 29:**

* [Goblet Squat](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4z6Lgu0NY7y7v0yvKQxkV-2BIPhkft-2FjN8w8slwhpu6iKGQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLS-2F-2Bgp-2FaI0BGpkWnSFD6-2FsOoWY5MxN-2Flx6jY3CoAgLy382yV24K1RQzoeaszHYVmX3pM96ej8H8ugNndh011x-2BCIm-2BhEB65dEVmm5TpGICVf-2FVd6tHSAFDYwUHEaY3P4edRES4PHlXOBKyu4KnDq30D4yh6T9GAvGTaO2XUy9yUlckOC8-2BdlPsee5U6UE0KNfddFRhL8T7PzPEBI6F-2BRee83i2MHYPngls185Lm5DXhDWVhezOlSGziGVbVJZf3G3w-2BRIUw9qDTStjHNDNXHf-2BFVCP3mFcrxPKrxQgVZh9peq8-2FXyl-2FwZezkCTQBrCaEFICTDBucZroDlVlvSvOpIf0eeMukPdimZvlcV56WHFThOaE35y4HfU2Tm-2FzVT-2FHdH2TDkldl9FhLHvhudhKJEj-2FR8lXNic5L4tMrxKxgD7ZJ7Cvsl1vrzZkicxuBrJPRQ-3D-3D) - 15 reps
* [Regular Row](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCBo-2BwXSa-2B293sSAvL5PrNBrg-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLS-2F-2Bgp-2FaI0BGpkWnSFD6-2FsOoWY5MxN-2Flx6jY3CoAgLy382yV24K1RQzoeaszHYVmX3pM96ej8H8ugNndh011x-2BCIm-2BhEB65dEVmm5TpGICVf-2FVd6tHSAFDYwUHEaY3P4edRES4PHlXOBKyu4KnDq33BTpK4b9vP1NprmY8UF-2BuSreblwsm42-2F7HOYGHBfIailU5s0iiV3c-2BPW5KhuypgsPFvdafeahLWiPazVNSarUkzerNN9JH6lzX4Y-2BeBzH0Xldz6WjlOmElxPZDD9N9CSmDySihQbn-2BCpdoEHePH2f9i88JjFyy9rR0S-2FeignCtAUKoCOzAcCDKpcpzm0fhvcRbQfPkkRh9aiT6Zn0hyWkV8KqE5Hb0kHCjs-2FjXV6kJf9eut-2BZMuDYYkNbkbTpK56QlhNFoq9u-2FNfyHciwx3bfIxaHgOcdS2-2FTzM9FqS6Nh-2Bg-3D-3D) - 15 reps each side
* Rest 60 secs and repeat for 3 rounds
* [Push Ups](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69vLVeB-2BWLo5M0IL8uX8MUpEPVrqemRbRnFYYpnqm-2BjOA-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLS-2F-2Bgp-2FaI0BGpkWnSFD6-2FsOoWY5MxN-2Flx6jY3CoAgLy382yV24K1RQzoeaszHYVmX3pM96ej8H8ugNndh011x-2BCIm-2BhEB65dEVmm5TpGICVf-2FVd6tHSAFDYwUHEaY3P4edRES4PHlXOBKyu4KnDq31-2FqhrDy-2F-2FYUX6dapiy5n9y52DreA3XGtYSwgNVvZhuRV7yyMlqZw-2B6zIT5yWh2Z45ZJvHDfo9TyENHPqXH-2BU3RiI1w4VvaTSM6vn8ZZpOAoXfljfMrA97c4DuuZWAYjkkQ0klu-2F5dDIBL1fCauN-2Bz8cGYJ6fNb4oYCP0PAR-2FDCVlSIcnqOBRdhRShKJtnhSRB79LqUOoVjCiWSZkWpGLDcHg9T2RLhBw8RlS9A6AmtcYthVfcaKIy7C44yaJRbU-2BoGn8Oc7BeN8n00DmArZp7EkrB-2FlYx-2BGee7DfpZR2ZL-2BQ-3D-3D) - 15 reps
* [Reverse Lunge](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB-2B8Yvwyq6K23w1oGZOjpPyQ-3D-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLS-2F-2Bgp-2FaI0BGpkWnSFD6-2FsOoWY5MxN-2Flx6jY3CoAgLy382yV24K1RQzoeaszHYVmX3pM96ej8H8ugNndh011x-2BCIm-2BhEB65dEVmm5TpGICVf-2FVd6tHSAFDYwUHEaY3P4edRES4PHlXOBKyu4KnDq32Vtbizq3rIBxuPPDowZu35WIMk5yU7SW5mtOUzCljdLfXRW6AhEEPthFGE20i2fXklOcDz8UJbfKwClLD6RkMXRzirAUrwZF7DB-2B8JaILAYzb2jd-2B93hJ7XTl0OGVYV5fuiEo5iRFFi7HElHWitEohTzb-2BpB9LGdvLTLftefl0wI-2FfLwu3aqqTYK8HWSRd6FbXTsTlsmT1Eu0jy3pq0quDHByQ7ElYW905eH3177UkuuCcK71NyPwrietZW803jTgPsGHsqEOecTpq-2FcJ4ALxCXRWSqfBxh-2BpMB1pFx82pbA-3D-3D) - 15 reps each side
* Rest 60 secs and repeat for 3 rounds
* [Two Handed Swing](http://email.gumroad.com/wf/click?upn=oPJP6SYauegLfMGPvcGtCIECckhuDOs02EW2-2Fo6Gk4y0N0F5b-2BvMR5QWPgFmcmCB5vaRA4GvBVj9hlenAKUQtOEzrbAWhggJh-2Far4zkx7fQ-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLS-2F-2Bgp-2FaI0BGpkWnSFD6-2FsOoWY5MxN-2Flx6jY3CoAgLy382yV24K1RQzoeaszHYVmX3pM96ej8H8ugNndh011x-2BCIm-2BhEB65dEVmm5TpGICVf-2FVd6tHSAFDYwUHEaY3P4edRES4PHlXOBKyu4KnDq32-2BGo3n0UNNF-2FXQKTMFg2QmFd-2BTTApTkAxWbI0xGXqGK4mKK-2B242zIILcI2YG4TJknFLTXj1WOFGpy7XRPpqfQEHOfmJri-2Bw6IoOoO6ADMp9MUw7Jk7BpHHFpjn-2BB0Y5KxYMbuxngHcFLuD6OSDS1orG63-2Bz-2FZWGPN24WOSzkkDhcF5bnbtym51p8Vg-2Bf-2FAHzwrsQyEOP4olxPHzLvRbD4ghjafY1SXMXq1QcCJNnAIn-2FTdw-2FA7IxYGKFkKOdpC0gVGoXNPzyE-2Br7neZN0aJTUVKHpB4KAWD3lqAXkF3LIBHw-3D-3D) - 15 reps
* [Side Plank with Rotation](http://email.gumroad.com/wf/click?upn=BqhukYpgSTrEoMuy-2FQQuKYjmBHW27651hi9uQ4ZpM69paRbZ819BimLo1jz9Trhe0RerNmwN-2FgsoqVdHLgvHhc7GLpPggsHvsRNrbe5zGFs-3D_Ej5xoEK4-2BcsFsNciYdQXp07FBHhhhL6-2BCacDFoJIFHdFBTdcOSjTlKJFghNFj64k6MkjNygUL2d7rHBs4TSyOLS-2F-2Bgp-2FaI0BGpkWnSFD6-2FsOoWY5MxN-2Flx6jY3CoAgLy382yV24K1RQzoeaszHYVmX3pM96ej8H8ugNndh011x-2BCIm-2BhEB65dEVmm5TpGICVf-2FVd6tHSAFDYwUHEaY3P4edRES4PHlXOBKyu4KnDq31bDGTPZXwarIAKDUc-2BIy6ubWcfEgF-2BAzF6euyEHuPBAGuPTYfpvBWZCqDHJgR4T6ZbZj-2FZxSt7e41y3RG6CwwbR8mzgdAoqu5Cvz1COpboP-2F9iGC786hklgo9Vr9-2BZ5tGe8MreYb2dPdmaYS1GsbWRlaCK-2Bs5IEhF1-2ByJ-2Fl29xQvQtgf4htljcvn-2BiV0atqg-2FXIhfOB813a78ej0JfnHQPDr3h-2F23-2FfUTONW2rT28H1vzAb0iM1Zu1oruBUvhhfRaGUrizy4C4x026lLUEOZBilQYzgdVhbPJvCVA6jP39Tw-3D-3D) - 10 reps each side
* Rest 60 secs and repeat for 3 rounds

**Additional Workouts**

Workout 1

1. (a) One Handed Row 5 x 5 reps
2. (b) Overhead Press 5 x 5 reps
3. (a) Two Handed Swing 5 x 20 reps
4. (b) Push Ups 5 x 10 reps
5. (a) Half Get Ups 5 x 5 reps

Workout 7

1. Slow Mountain Climbers - 30 secs
2. Side Plank - left - 30 secs
3. Shoulder Taps - 30 secs
4. Side Plank - right - 30 secs
5. Bridge - 30 secs
6. Back Extension - 30 secs
7. Staging Elbow to Knee - 30 secs

Workout 10

1. Half Get Up - left - 30 secs
2. Half Get Up - right - 30 secs
3. Two Handed Swing - 60 secs
4. Slingshot - change every 5 - 30 secs
5. Goblet Squat - 60 secs
6. Halo - change direction every rep - 30 secs

Workout 28

1. Windmill - 30 secs each side
2. Side Lunge - 30 secs each side
3. Clean - 30 secs each side
4. Racked Squat & Press - 30 secs each side

Week 2

1. Two Handed Squat & Press - 10 reps
2. Fast Mountain Climbers - 20 reps
3. Two Handed Swing - 20 reps
4. Bob & Weave - 20 reps
5. Slow Mountain Climbers - 10 reps