



# Military Athlete

**Strong. Swift. Durable.**

**Jackson, Wyoming**  
[www.militaryathlete.com](http://www.militaryathlete.com)

## WORK CAPACITY PROGRAM

This is a 7-week program designed to develop a high level of general work capacity that can then be applied to a more specific fitness goal.

### TRAINING PROGRAM DESCRIPTION

This program is a progressive and intense 5 day per week training regimen. Ideally, you will train Monday through Friday, and take Saturday and Sunday as full rest days. If for some reason you cannot keep this schedule, do not skip any sessions, do them exactly in order as they are designed.

The program is split into two 3-week cycles, separated by an “unload” week. So, after the first 3 weeks, there is an “unload” week, which involves decreased volume and intensity to allow for recovery before the final 3 week cycle begins.

This program can be completed with basic free weight equipment in a commercial gym, but we recommend using rubber bumper plates whenever possible.

If you are following a Monday through Friday schedule, here is what you’re week will look like:

- Monday - Work Capacity
- Tuesday - Strength & Durability
- Wednesday - Work Capacity
- Thursday - Stamina (Long, Slow, Distance)
- Friday - Work Capacity

### COMMON QUESTIONS

**How long should the training session take?**

Approximately 60 minutes from start to finish.

**Why are there two numbers listed for the exercises with assigned loads?**

The lower weight is the prescribed weight for women, and the higher is for men.

**What if I am unfamiliar with an exercise?**

A complete list and video demonstration of our exercises can be found here: [http://militaryathlete.com/page.php?page\\_ID=30](http://militaryathlete.com/page.php?page_ID=30)

**What about my diet?**

Eating well is not difficult, but it takes discipline. Here are our recommendations on diet:

**6 Days per week** eat as much meat, vegetables, fruit, nuts and seeds as you need to maintain energy output. Do not eat bread, pasta, or grains of any kind. Avoid starches such as white potatoes, and corn. No sugar, candy, or alcohol. Keep dairy intake to a minimum. Drink only water, coffee, or tea.

**1 Day per week** cheat like hell. Eat/drink anything you want.

**What kind of supplements should I take?**

We recommend a protein shake immediately post-workout. Fish oils and Vitamin D are also good things to include on a daily basis.

**If you have more questions, contact:** [rob@militaryathlete.com](mailto:rob@militaryathlete.com)

Good Luck!

**Rob Shaul  
John Murie  
Military Athlete  
Jackson, WY**

\*\*\*\*\* **TRAINING PROGRAM** \*\*\*\*\*

**SESSION 1****Obj: Work Capacity**

Warm up: 4 Rounds

10x Goblet Squat @ 16kg/12kg Kettlebell or 35#/25# Dumbbell

5x Jump Squats

10x Push ups

5x Pull ups

Instep Stretch

Training:

(1) 7 Rounds for time:

10x Thrusters @ 65#/45#  
3x Turkish Get up each side @ 16kg/12kg Kettlebell or 35#/25# Dumbbell  
10x 15m Shuttle Sprints  
10x Sit ups

(2) 4 Rounds  
10/10/10 Low Back Complex  
10x Face Down Back Extensions on Floor  
5x Kneeling Plate Half Moons @ 25#/15#  
5x Ankles to Bar

(3) 3 Rounds  
3rd World Squat Stretch  
5x Y + L @ 2.5#  
Foam Roll Lower Back

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## **SESSION 2**

**Obj: Strength**

Warm up: 4 Rounds  
Barbell Complex @ 65#/45#  
HUG Hip Mobility Drill

Training:

(1) Work up to 1 Rep Max Power Clean + Push Press

(2) 5 Rounds  
2x Power Clean + Push Press @ 85% of 1 rep max  
Foam Roll Back

(3) 6 Rounds  
5x Back Squat (increase load each round until 5x is hard but doable), then immediately...  
2x Jumping Lunges each leg  
3x Shoulder Sweep each side

(4) 6 Rounds  
8x Alternating Dumbbell Bench Press (increase load each round until 8x is hard but doable)  
5x Pull ups  
Pigeon Stretch

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## **SESSION 3**

**Obj: Work Capacity**

Warm up:  
Work up to 1 Rep Max Hang Squat Clean

Training:

(1) 8 Rounds, Every 60 sec  
3x Hang Squat Clean @ 75% of 1 Rep Max

--Rest 3 to 5 minutes--

(2) 4 Rounds, every 2:30 minutes:  
300m Shuttle Run

(3) 4 Rounds  
10x Weighted Sit ups @ 25#/15#  
10x Seated Russian Twist each way @ 25#/15#  
5x Bird Dog each side  
45 Sec Front Bridge  
10/10 Kneeling Founder

(4) 2 Rounds  
30 sec Jane Fonda each side  
30x Shoulder Hand Job @ 2.5# each side  
Foam Roll Back  
3rd World Squat Stretch

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#### **SESSION 4**

**Obj: Stamina / LSD**

Training:

3 Mile Run @ Moderate Pace (comfortable, but not easy)

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#### **SESSION 5**

**Obj: Work Capacity**

Warm up: 4 Rounds  
8x Hinge Lift @ 95#/65# (increase load by 10# each round)  
8x Walking Lunges each leg  
4x Alligator Push ups (8 total)  
10x Sit ups  
Foam Roll Lower Back

Training:

(1) 8 Rounds  
8x Hinge Lift @ 135#/95#  
50x Step ups or 400m Run  
30 sec Rest

(2) 4 Rounds  
10/10/10 Low Back Complex  
10x Face Down Back Extensions On Floor  
5x Kneeling Plate Half Moons @ 25#/15#  
5x Ankles To Bar

(3) 3 Rounds  
5x Shoulder Scarecrow @ 2.5#  
3x Instep Stretch  
3rd World Squat Stretch

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## **SESSION 6**

**Obj: Work Capacity**

Warm up: 4 Rounds  
10x Goblet Squat @ 16kg/12kg Kettlebell or 35#/25# Dumbbell  
5x Jump Squats  
10x Push ups  
5x Pull ups  
Instep Stretch

Training:

(1) 10 Rounds  
5x Renegade0 Manmakers @ 25#/15#  
10x Box Jumps  
10x Jingle Jangles  
Rest 30 seconds

(2) 4 Rounds  
10/10/10 Low Back Complex  
10x Face Down Back Extensions on Floor  
10x Slasher each way @ 35#/25#  
10x Toes to Sky

(3) 3 Rounds  
3rd World Squat Stretch  
5x Y + L @ 2.5#  
Foam Roll Lower Back

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## **SESSION 7**

**Obj: Strength**

Warm up: 10 Minutes  
Corrective Get ups @ 12kg/8kg Kettlebell or 25#/15# Dumbbell, alternate sides as needed

Training:

(1) Work up to 1 Rep Max Front Squat

(2) 6 Rounds

2x Front Squat @ 85% of 1 Rep Max

5x Y+L @ 2.5#

(3) 6 Rounds

5x Bench Press (increase load each round until 5x is hard but doable), then immediately

2x Clapping Push ups

Pigeon Stretch

(4) 6 Rounds

5x Mr. Spectacular (increase load each round until 5x is hard but doable), then immediately

2x Broad Jumps

3x Floor Slide

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## **SESSION 8**

**Obj: Work Capacity**

Warm up:

Work up to 1 Rep Max Hang Squat Clean

Training:

(1) 9 Rounds, Every 60 sec

3x Hang Squat Clean @ 75% of 1 Rep Max

--Rest 3 to 5 Minutes--

(2) 4 Rounds, every 2:15 minutes:

300m Shuttle Run

(3) 4 Rounds

10x Weighted Sit ups @ 25#/15#

10x Seated Russian Twist @ 25#/15#

5x Bird Dog each side

45 sec Front Bridge

10/10 Kneeling Founder

(4) 3 Rounds

50x Glute Leg Lift each side

5x Shoulder Scarecrow @ 2.5#

3x Shoulder Sweep

HUG Hip Mobility

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## **SESSION 9**

**Obj: Stamina / LSD**

Training:

Run 3.5 Miles @ Moderate Pace (comfortable, but not easy)

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**SESSION 10**

**Obj: Work Capacity**

Warm up: 4 Rounds

8x Hinge Lift @ 95#/65# (increase load by 10# each round)

8x Walking Lunges each leg

4x Alligator Push ups (8 total)

10x Sit ups

Foam Roll Lower Back

Training:

(1) 8 Rounds

8x Hinge Lift @ 145#/105#

50x Step ups or 400m Run

30 sec Rest

(2) 4 Rounds

10/10/10 Low Back Complex

10x Face Down Back Extensions On Floor

5x Kneeling Plate Half Moons @ 25#/15#

5x Ankles To Bar

(3) 3 Rounds

30x Shoulder Hand Job @ 2.5# each side

3x Instep Stretch

3rd World Squat Stretch

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**SESSION 11**

**Obj: Work Capacity**

Warm up: 4 Rounds

10x Goblet Squat @ 16kg/12kg Kettlebell or 35#/25# Dumbbell

5x Jump Squats

10x Push ups

5x Pull ups

Instep Stretch

Training:

(1) 10 Rounds For Time

Barbell Complex @ 65#/45#  
Rope Climb or 3x Tarzan Pull ups  
25x Step ups  
Rest 30 seconds

(2) 4 Rounds  
15/15/15 Low Back Complex  
15x Face Down Back Extensions on Floor  
5x Kneeling Plate Half Moons @ 35#/25#  
8x Ankles to Bar

(3) 3 Rounds  
3rd World Squat Stretch  
5x Y + L @ 2.5#  
Foam Roll Lower Back

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## **SESSION 12**

### **Obj: Strength**

Warm up: 4 Rounds  
Barbell Complex @ 65#/45#  
Instep Stretch

Training:

(1) Work up to 1 Rep Max Push Press

(2) 6 Rounds  
2x Push Press @ 85% of 1 Rep Max  
Elevated Pigeon

(3) 6 Rounds  
4x Power Clean (increase load each round until 4x is hard but doable), then immediately...  
2x Burpees  
3x Floor Slide

(4) 6 Rounds  
8x Back Squat (increase load each round until 8x is hard but doable), then immediately...  
4x Jump Squats  
3rd World Squat Stretch

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## **SESSION 13**

### **Obj: Work Capacity**

Warm up:  
Work up to 1 Rep Max Hang Squat Clean



Training:

(1) 10 Rounds, Every 60 Sec  
3x Hang Squat Clean @ 75% of 1 Rep Max

--Rest 3 to 5 minutes--

(2) 4 Rounds, every 2 minutes:  
300m Shuttle Run

(3) 4 Rounds  
10x Weighted Sit ups @ 35#/25#  
10x Seated Russian Twist @ 35#/25#  
8x Bird Dog each side  
60 sec Front Bridge  
15/15 Kneeling Founder

(4) 2 Rounds  
30 sec Jane Fonda each side  
3x Shoulder Sweep  
Foam Roll Lower Back  
3rd World Squat Stretch

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#### **SESSION 14**

**Obj: Stamina / LSD**

Training:

Run 4 Miles @ Moderate Pace (comfortable, but not easy)

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#### **SESSION 15**

**Obj: Work Capacity**

Warm up: 4 Rounds  
8x Hinge Lift @ 95#/65# (increase load by 10# each round)  
8x Walking Lunges each leg  
4x Alligator Push ups (8 total)  
10x Sit ups  
Foam Roll Back

Training:

(1) 8 Rounds  
8x Hinge Lift @ 155#/115#  
50x Step ups or 400m Run  
30 sec Rest

(2) 4 Rounds

15/15/15 Low Back Complex

15x Face Down Back Extensions On Floor

5x Kneeling Plate Half Moons @ 35#/25#

8x Ankles To Bar

(3) 2 Rounds

30x Shoulder Hand Job @ 2.5# each side

30 sec Jane Fonda each side

3rd World Squat Stretch

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## **SESSION 16**

**Obj: Work Capacity unload**

Warm up: 5 Rounds

10x Air Squat

10x Push ups

10x Sit ups

HUG Hip Mobility

Training:

(1) 5 Rounds for time:

5x Curtis P's @ 65#/45#

Run 400m

10x Sit ups

(2) 4 Rounds

15/15/15 Low Back Complex

15x Face Down Back Extensions on Floor

5x Kneeling Plate Half Moons @ 35#/25#

8x Ankles To Bar

(3) 3 Rounds

Foam Roll IT Bands

5x Y + L unloaded

3x Shoulder Sweep

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## **SESSION 17**

**Obj: Strength unload**

Warm up: 5 minutes

Corrective Get ups @ 12kg/8kg Kettlebell or 25#/15# Dumbbell

Training:

(1) 6 Rounds

3x Squat Clean (increase load each round until 3x is hard but doable)  
Foam Roll Back

(2) 6 Rounds  
3x Bulgarian Split Squat (increase load each round until 3x is hard but doable)  
3x Floor Slide

(3) 6 Rounds  
3x Military Press (increase load each round until 3x is hard but doable)  
2x Tarzan Pull ups  
Instep

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## **SESSION 18**

**Obj: Work Capacity unload**

Warm up: 4 Rounds  
5x Burpees  
10x Sit ups  
20x Step ups  
Hip Flexor Stretch

Training:

(1) 10 Rounds, Every 60 seconds  
6x 2-Handed Dumbbell Power Clean & Push Press @ 35#/25#  
Suicide Sprint

(2) 4 Rounds  
5x Plate Half Moon @ 35#/25#  
60 sec Front Bridge  
15/15 Kneeling Founder  
8x Bird Dog each side

(3) 3 Rounds  
15x Hamstring Hell each side  
3x Floor Slide  
5x Shoulder Scarecrow @ 2.5#

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## **SESSION 19**

**Obj: Stamina unload**

Training:

Run 4 Miles @ Moderate Pace (comfortable, but not easy)

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## **SESSION 20**

**Obj: Strength unload**

Warm up: 4 Rounds @ 65#/45#

3x Hinge Lift  
3x Hang Squat Clean  
3x Push Press  
3x Back Squat  
6x Push ups  
3rd World Squat Stretch

Training:

(1) 6 Rounds

3x Front Squat (increase load each round until 3x is hard but doable)  
5x PVC Shoulder Dislocates

(2) 6 Rounds

3x Hang Power Clean (increase load each round until 3x is hard but doable)  
Hip Flexor Stretch

(3) 6 Rounds

3x Push Press (increase load each round until 3x is hard but doable)  
Rope Climb or 2x Tarzan Pull ups

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**SESSION 21**

**Obj: Work Capacity**

Warm up: 5 Rounds

5x Push ups  
10x Air Squats  
30x Step ups  
HUG

Training:

(1) As Many Rounds As Possible in 40 minutes:

Run 800m  
10x Hang Squat Cleans @ 75#/45#

(2) 4 Rounds

15/15/15 Low Back Complex  
15x Face Down Back Extensions on Floor  
10x Weighted Sit ups @ 35#/25#  
10x Seated Russian Twists @ 35#/25#

(3) 3 Rounds

5x Shoulder Scarecrow @ 2.5#  
5x PVC Shoulder Dislocates

3rd World Squat Stretch

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## **SESSION 22**

**Obj: Strength**

Warm up: 4 Rounds

Barbell Complex @ 75#/55#

Instep Stretch

Training:

(1) Work up to 1 Rep Max Hinge Lift

(2) 6 Rounds

2x Hinge Lift @ 85% of 1 Rep Max

5x Y+L @ 2.5#

(3) 6 Rounds

5x Kettlebell or Dumbbell Floor Press (increase load until 5x is hard but doable)

5x Horizontal Pull ups

Hip Flexor Stretch

(4) 6 Rounds

5x Hang Squat Clean (increase load until 5x is hard but doable), then immediately...

5x Jingle Jangles

Foam Roll Back

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## **SESSION 23**

**Obj: Work Capacity**

Warm up: 4 Rounds

5x Power Clean + Push Press @ 65#/45#

10x Push ups

10x Squats

5x PVC Shoulder Dislocates

Pigeon Stretch

Training:

(1) For Time:

100x Barbell Burpees @ 50% of Bodyweight (men), @ 40% Bodyweight (women)

(2) 4 Rounds

10x Weighted Sit ups @ 35#/25#

60 sec Front Bridge

10x Seated Russian Twist @ 35#/25#

8x Bird Dog each side

15/15 Kneeling Founder

(3) 2 Rounds

50x Glute Leg Lift each side

30x Shoulder Hand Job each side @ 2.5#

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## **SESSION 24**

**Obj: Stamina / LSD**

Training:

Run 4.5 Miles @ Moderate Pace (comfortable, but not easy)

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## **SESSION 25**

**Obj: Work Capacity**

Warm up: 5 minutes

Corrective Get ups @ 12kg/8kg Kettlebell or 25#/15# Dumbbell

Training:

(1) 3 Rounds For Time:

10x Back Squat @ 135#/95#

50x Step ups

5x Scotty Bob @ 25#/15#

--Rest 3 to 5 minutes--

(2) 10 to 1 Reps For Time

Thrusters @ 75#/55#

Jumping Lunges each leg

Sit ups

\*Round 1 looks like 10x Thrusters, 10x Jumping Lunges, 10x Sit ups...

\*Round 2 looks like 9x Thrusters, 9x Jumping Lunges, 9x Sit ups....

(3) 4 Rounds

15/15/15 Low Back Complex

15x Face Down Back Extensions on Floor

5x Kneeling Plate Half Moons @ 35#/25#

8x Ankles to Bar

(4) 3 Rounds

3x Shoulder Sweep

HUG Hip Mobility

Foam Roll Back/Quads/IT Bands

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## **SESSION 26**

### **Obj: Work Capacity**

Warm up: 5 Rounds  
5x Burpees  
Run 200m or 25x Step ups  
HUG Hip Mobility

Training:

(1) 15-1 Reps For Time:  
Back Squat @ 115#/75#  
Russian Twists @ 45#/35#  
Scotty Bob @ 25#/15# (each pushup counts as 1 rep)  
Dumbbell Hang Squat Clean to Thruster @ 25#/15#  
Run 200m or 25x Step ups (after each round)

\*Round 1 looks like: 15x Back Squat, 15x Russian Twists, 15x Scotty Bobs, 15x Dumbbell Hang Squat Clean, Run 200m or 25x Step ups...

\*Round 2 looks like: 14x Back Squat, 14x Russian Twists, 14x Scotty Bobs, 14x Dumbbell Hang Squat Clean, Run 200m or 25x Step ups...

(2) 4 Rounds  
20/20/20 Low Back Complex  
20x Face Down Back Extensions on Floor  
10x Weighted Sit ups @ 45#/35#  
10x Seated Russian Twists @ 45#/35#

(3) 3 Rounds  
5x Shoulder Scarecrow @ 2.5#  
5x PVC Shoulder Dislocates  
3rd World Squat Stretch

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## **SESSION 27**

### **Obj: Strength**

Warm up: 4 Rounds  
Barbell Complex @ 75#/55#  
Foam Roll Back

Training:

(1) Work up to 1 Rep Max Bench Press

(2) 6 Rounds

2x Bench Press @ 85% of 1 Rep Max  
3rd World Squat Stretch

(3) 6 Rounds

4x Power Clean (increase load each round until 4x is hard but doable), then immediately...

2x Burpees

Shoulder Lock & Load

(4) 6 Rounds

8x Front Squat (increase load until 8x is hard but doable), then immediately...

3x Jump Squat

3x Floor Slide

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## **SESSION 28**

**Obj: Work Capacity**

Warm up: 4 Rounds

5x Power Clean + Push Press @ 65#/45#

10x Push ups

10x Squats

5x PVC Shoulder Dislocates

Pigeon

Training:

(1) For Time:

100x Barbell Burpees @ 55% of Bodyweight (men), @ 45% of Bodyweight (women)

(2) 4 Rounds

10x Ankles to Bar

75 sec Front Bridge

5x Kneeling Plate Half Moons @ 45#/35#

10x Bird Dog each side

20/20 Kneeling Founder

(3) 2 Rounds

30 sec Jane Fonda each side

30 sec Shoulder Scarecrow unloaded

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## **SESSION 29**

**Obj: Stamina / LSD**

Training:

Run 5 Miles @ Moderate Pace (comfortable, but not easy)

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## **SESSION 30**

### **Obj: Work Capacity**

Warm up: 5 minutes

Corrective Get ups @ 12kg/8kg Kettlebell or 25#/15# Dumbbell

Training:

(1) 4 Rounds For Time:

10x Kettlebell Swings @ 24kg/16kg

10x Box Jumps @ 24"/20" (jump up, step down)

10x Jingle Jangles

5x Renegade Row @ 25#/15#

--Rest 3 to 5 minutes--

(2) 20-15-10-5 Reps For Time

Burpees

Walking Lunges each leg

Toes To Sky

(3) 4 Rounds

20/20/20 Low Back Complex

20x Face Down Back Extensions on Floor

5x Kneeling Plate Half Moons @ 45#/35#

10x Ankles To Bar

(4) 3 Rounds

3x Shoulder Sweep

HUG Hip Mobility

Foam Roll Back/Quads/IT Bands

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## **SESSION 31**

### **Obj: Work Capacity**

Warm up: 5 Rounds

5x Burpees

Run 200m or 25x Step ups

HUG Hip Mobility

Training:

(1) 20 Rounds, every 2 minutes:

10x Thruster @ 75#/55#

6x Touch Jump Touch (each jump counts as 1 rep)

20x Step ups

(2) 4 Rounds

20/20/20 Low Back Complex  
20x Face Down Back Extensions on Floor  
10x Weighted Sit ups @ 45#/35#  
10x Seated Russian Twists @ 45#/35#

(3) 3 Rounds  
5x Y+L @ 2.5#  
5x Shoulder Lock and Load  
3rd World Squat Stretch

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## **SESSION 32**

### **Obj: Strength**

Warm up: 4 Rounds  
Barbell Complex @ 75#/55#  
Pigeon Stretch

Training:

(1) 8 Rounds  
3x Craig Special (increase load each round until 3x is hard but doable)  
5x Y+L @ 2.5#

(2) 6 Rounds  
5x Weighted Walking Lunges each leg (increase load each round until 5x is hard but doable), then immediately...  
2x Jumping Lunges each leg  
3x Shoulder Sweep

(3) 6 Rounds  
8x Pull ups (increase load each round if possible)  
8x Elevated Push ups (feet elevated on box as high as possible while maintaining a straight back)  
3rd World Squat Stretch

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## **SESSION 33**

### **Obj: Work Capacity**

Warm up: 4 Rounds  
5x Power Clean + Push Press @ 65#/45#  
10x Push ups  
10x Squats  
5x PVC Shoulder Dislocates  
Pigeon

Training:

(1) For Time:  
100x Barbell Burpees @ 60% of Bodyweight (men), @ 50% of Bodyweight (women)

(2) 4 Rounds  
10x Weighted Sit ups @ 45#/35#  
75 sec Front Bridge  
5x Kneeling Plate Half Moons @ 45#/35#  
10x Bird Dog each side  
20/20 Kneeling Founder

(3) 3 Rounds  
50x Glute Leg Lifts each side  
30x Shoulder Hand Job each side @ 2.5#

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### **SESSION 34**

**Obj: Stamina / LSD**

Training:

Run 5.5 Miles @ Moderate Pace (comfortable, but not easy)

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### **SESSION 35**

**Obj: Work Capacity**

Warm up: 5 minutes  
Corrective Get ups @ 12kg/8kg Kettlebell or 25#/15# Dumbbell

Training:

(1) 5 Rounds For Time  
8x Front Squat @ 95#/65#  
8x Alligator Push ups each arm (16 total)  
4x Pull ups  
Suicide Sprint or 6x Jingle Jangles

--Rest 3 to 5 minutes--

(2) 10 to 1 Reps For Time  
Hinge Lift @ 115#/75#  
Step ups x 5 (50, 45, 40...)

\*Round 1 looks like: 10x Hinge Lift, 50x Step ups...

\*Round 2 looks like: 9x Hinge Lift, 45x Step ups...

(3) 4 Rounds  
20/20/20 Low Back Complex  
20x Face Down Back Extensions on Floor  
10x Seated Russian Twists @ 45#/35#

10x Weighted Sit ups @ 45#/35#

(4) 3 Rounds

3x Shoulder Sweep

HUG Hip Mobility

Foam Roll Back/Quads/IT Bands

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