# Fastfit 2025/06/23 - 2025/06/27

|  |  |
| --- | --- |
| Monday(42)Warmup(12):3 Rounds of:  * DB glude bridge static hold (I.C.W) x30sec * Single KB deadlift (I.C.W) x10 * Kneeling DB shoulder press (I.C.W) x10/side  Wod(30):10min AMRAP:  * Rocket bag back squats x20 * Push-ups/Ladies push-ups x10 * Alt KB high pull x20   ***\*\*2 minute rest\*\**** 10min AMRAP:  * Slam ball throws x20 * ALT DB bicep curls x30 * Bike erg x12cals   ***\*\*2 minute rest\*\**** 10min AMRAP:  * Single KB deadlift x20 * Plate calve raises x40 * Rolling DB tricep extensions x12cals | Tuesday(45)Warmup(10):Tabata:  * Airbike * Battle rope  Tabata:  * Floor plate press * KB Farmer carry static march  Wod(35):35min AMRAP:  * Airbike x20cal * Sandbag/Slamball carry x40m * DB Chest press x20/side * Battle rope x40 * Abmat crunches x20 |

|  |  |
| --- | --- |
| Wednesday(45)Warmup(9):9min EMOM - (40/20):  * Ski x1min * Wall balls x10 * KB swing x10  Wod(36):For time:  * Run x400m * Ski x750m * Wall balls x50 * Bike erg x750m * KB swing x50 * Row x750m * Run x400m   ***\*\*36 minute cap\*\**** | Thursday(46)Warmup(10):3 Rounds of:  * Ski x8cal * Single KB deadlifts (I.C.W) x6 * Russian twists x12  Wod(36):20min E4MOM - (3min/1min):00:00 - 03:00  * Single KB deadlifts x10 * Alt DB Hammer curls x20 * Ski for remaining time  03:00 - 04:00  * Rest  16min EMOM Circuit - (40/20): *Everybody starts at a different station and rotates to the next station during the rest period.*   * Mountain Climber * KB Russian twists * GHD back extensins * TRX row |

|  |  |
| --- | --- |
| Friday(46)Warmup(10):Tabata:  * Row for max cals  Tabata:  * Box step-ups * Box dips  Wod(36):18min EMOM - (40/20):  * Bearcrawl static hold with plate * Shuttle runs x10m * Boxing bag mid punches  18min AMRAP - (40/20):  * Alt KB lunges x16 * Row x20cals * Box step-ups with knee drive |  |