# 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()

### **Warmup():**

#### **:**

* x
* x
* x

***\*\*36 minute cap\*\****

### **Wod():**

#### **:**

* x
* x
* x

***\*\*36 minute cap\*\****

## Friday()

### **Warmup():**

#### **:**

* x
* x
* x

***\*\*36 minute cap\*\****

### **Wod():**

#### **:**

* x
* x
* x

***\*\*36 minute cap\*\****