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| Monday (42):    Warmup (12):  3 Rounds of: -> DB glute bridge static hold (I.C.W) x30sec -> Single KB deadlift (I.C.W) x10 -> Kneeling DB shoulder press (I.C.W) x10p/s  Wod (30):  10min AMRAP: -> Rocket bag back squats x20 -> Push-ups/Ladies push-ups x10 -> Alt KB high pull x20\*\*2min rest\*\*:10min AMRAP: -> Slam ball throws x20 -> ALT DB bicep curls x30 -> Bike erg x12cals\*\*2min rest\*\*:10min AMRAP: -> Single KB deadlift x20 -> Plate calve raises x40 -> Rolling DB tricep extensions x12cals |