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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 |
| **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 x20p/s  **->** 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  **\*\*35min cap\*\* :** |
| **Thursday (0):** | |
| **Warmup (0):**  **:**  **->** | **Wod (0):**  **:**  **->** |
| **Friday (0):** | |
| **Warmup (0):**  **:**  **->** | **Wod (0):**  **:**  **->** |