



THE TOUGH MUDDER WORKOUT

The Tough Mudder Workout consists of five exercises that collectively will strengthen all your body. We have designed these workouts to be a combination of both cardiovascular, strength training, and team building. In addition, we have designed a high intensity interval training workout that will challenge you to push your limits and reach your goals. The Tough Mudder Workout is a combination of all these elements, and it is designed to be a challenge for you. The Tough Mudder Workout is a combination of all these elements, and it is designed to be a challenge for you.

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EXERCISE 1 - THE TUGGER

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EXERCISE 2 - THE TUGGER (PART 2)

EXERCISE 2.1 - THE TUGGER (PART 2.1)

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EXERCISE 2.2 - THE TUGGER (PART 2.2)

EXERCISE 2.3 - THE TUGGER (PART 2.3)

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