

7/12/2021 – 7/16/2021

Warm up

3 rounds of

200 meter row

5 push-ups to downward dog

10 single leg Romanian deadlifts

15 squats

Cool down

1 minute couch stretch each leg

10 scorpion stretch each side

1 minute banded shoulder stretch each side

7/12/2021

5 rounds for time of

4 heavy shoulder to overhead (you pick weight)

8 pull ups

16 alternating step back lunges

Rest then

5X5 back squats

7/13/2021

AMRAP 15

10 burpees

15 kettlebell swings

20 sit ups

7/14/2021

EMOM for 10 minutes

3 squat cleans (you pick weight)

Right into

EMOM for 5 minutes

1 heavy squat clean (you pick weight)

Rest then

4X2

Heavy split jerks

7/15/2021

3 rounds for time of

400 meter row

400 meter run

400 meter echo bike

Rest then

5X5 bench press

7/16/2021

For time

21 single dumbbell devils press (you pick weight)

4 wall walks

15 single dumbbell devils press

3 wall walks

9 single dumbbell devils press

2 wall walks