

### **Monday February 13**

10:00 warm up

row/run/bike @easy pace

Mobility

2 rounds of [10 wall balls + 10m bear crawl forward + 10m bear crawl backward]

+

Every :90 for 4 sets:

1st: 2 touch and go squat cleans + 2 front squats

2nd: :30 toes to bar

+

AMRAP in 9:00

10 dumbbell thrusters

12 pull ups/barbell pull ups/ring rows

10 burpees

12 sit ups

+

2 rounds not for time:

10-15 light band pull downs

10-15 light plate halos

### **Tuesday February 14**

10:00 warm up

row/run/bike @easy pace

Mobility

2 rounds of [5/side 1-arm kettlebell swings + 10 bird dogs]

+

For 18:00

1st: 12 kettlebell swings

2nd: 2-3 wall walks or 1-3 muscle ups

3rd: 10 box jump overs

+

5:00 rest

+

For 18:00

1st: 5 touch and go ground to overhead, you pick the weight

2nd: 80m shuttle run

3rd: 6-8 toes to bar

### **Wednesday February 15**

10:00 warm up

row/run/bike @easy pace

Mobility

2 rounds of [:20-:30 handstand or tripod hold + 10 goblet squats]

+

A. Back squat, 6-6-6 @22x1 tempo, 2:00 rest

B. 1-arm dumbbell press, 3x8-10/side, :60 rest

+

For time:

30-20-10

Goblet squats

Hand-release push ups

Sit ups

+

2 rounds not for time:

:30-:45 Sorenson hold

10 passive to active hangs

### **Thursday February 16**

10:00 warm up

row/run/bike @easy pace

Mobility

2 rounds of [5 inchworms + 10-15 light kettlebell swings]

+

Every :90 for 4 sets:

1st: 8 touch and go deadlifts, moderate

2nd: :30 pull ups, ring rows, or barbell pull ups

+

For reps:

:60 burpees w/touch to 6" target

:60 alternating dumbbell lunges

:60 row calories

:60 rest

+

2 rounds not for time:

10-15 hollow to superman rolls

10-15 light band pull aparts

**Friday February 17**

A. Max out Friday

+

AMRAP in 10:00 with a partner, one person working at a time:

40 wall balls

40 weighted sit ups

400m run