

## **Monday May 1**

10:00 warm up

row/run/bike/ski @easy pace

Mobility

2 rounds of [5 wall balls w/:02 pause in squat + 10-15 hand-release push ups]

+

Every 3:00 for 4 sets:

1&¼ front squats, 3-4 reps

Get in some easy double under or rope climb practice during your rest

+

5 rounds for time (15:00 cap)

200m run

10 wall balls, 14 to 9'/20 to 10'

10 burpees

+

2 rounds not for time:

8/side banded external rotation

:30 hollow hold

## **Tuesday May 2**

10:00 warm up

row/run/bike/ski @easy pace

Mobility

2 rounds of [10 broad jumps + 10-15 light kettlebell swings]

+

AMRAP in 8:00

80m shuttle run

12 box jump overs

10 tough dumbbell lunges or alternating pistol squats

+

5:00 rest

+

AMRAP in 8:00

12 1-arm alternating dumbbell snatches

50 double unders (sc-25) or 100 single unders

15 hand-release push ups

+

5:00 rest

+

AMRAP in 8:00

10 handstand push ups

10 deadlifts, do not exceed 135/185

200m run or 250m row

### **Wednesday May 3**

10:00 warm up

row/run/bike/ski @easy pace

Mobility

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

+

Every :90 for 4 sets:

1st: 1 hang squat snatch + 2 overhead squats

2nd: :30 chin over the bar hold or negatives

+

4 sets for reps:

:60 dumbbell thrusters

:60 wall walks

:60 pull ups/barbell pull ups/ring rows

:60 rest

+

Not for time:

200m 1-arm tough farmers carry

### **Thursday May 4**

10:00 warm up

row/run/bike/ski @easy pace

Mobility

2 rounds of [10 scap pull ups + 15 sit ups]

+

Every 4:00 for 16:00

:30 kettlebell swings

:30 weighted sit ups

:60 shuttle run w/wall ball

+

5:00 rest

+

Every 4:00 for 16:00

:30 toes to bar

:30 burpees

:60 row/bike/ski, switch machines every round

**Friday May 5**

A. Max out Friday

+

AMRAP in 8:00 with a partner, partners alternate movements:

15 wall balls, 14 to 9'/20 to 10'

15 row or ski calories

15 box jumps



