

BODYWEIGHT

4/2/2020

A) 3-5 Sets

Single Leg Step Down
x5-10 (3-5sec lowering)

Dip xNear Max

B) EMOM x15min

1) Burpee xAMRAP

2) Walking Lunge xAMRAP

3) Side Plank x30sec /side

Notes

Part A) Short rest b/w exercises. Rest until recovered b/w sets.

Part B) No programmed rest so work to keep a sustainable pace





DUMBBELL/ KETTLEBELL

4/2/2020

A) 3-5 Sets

Single Leg Deadlift w/Support
xNear Max /side (3sec down)

2 Arm DB Row xNear Max
(hold 1sec at top)

B) EMOM x15min

1) Burpee xAMRAP

2) Alternating DB Snatch
xAMRAP

3) Side Plank x30sec /side

Notes

Part A) Short rest b/w exercises, rest until recovered b/w sets.

Part B) No programmed rest so work to keep a sustainable pace