

BODYWEIGHT

4/16/2020

A) 3-5 Sets

Elevated Push Up xNear Max

Handstand Hold x30-60sec

Side Plank x30sec /side

B) 5 Rounds - 5min Cap/Round

400m Run

Chair Dips xNear Max

Step Ups x20 (total)

Sit Ups x15

Notes

Part A) Rest as needed b/w sets. Scale HS Hold to plank on hands.

Part B) 5min Cap / Round, if you finish before 5min rest until interval is over and begin new round.





DUMBBELL/ KETTLEBELL

4/16/2020

A) 3-5 Sets

Single Arm Z Press
xNear Max /side

Single Arm High Pull
xNear Max /side

DB Rear Lateral Raise
xNear Max

B) 5 Rounds - 5min Cap/Round

400m Run

Push Ups xNear Max

DB Walking Lunge x20 (total)

Notes

Part A) Rest as needed b/w sets.

Part B) 5min Cap / Round, if you finish before 5min, rest until interval is over and begin new round.