

# Complimentary Workouts

## Published each Monday

Thrusters (15 minutes)  
Work up to a heavy set of 5  
Fran

15 Min AMRAP  
25 DU  
25 Sit-Ups  
200 M Run

10 Min EMOM  
Strict Pull-Ups (pick a set you can stick with each minute)  
6 Rounds  
20 Pull-Ups  
15 HC (95/65)  
10 Pistols

Back Squat  
Find a 10-rep max  
Rest 2-3 minutes in between each set  
10-20-30-20-10  
KB Swings  
DU  
GHD

1 Mile Run  
100 Burpees  
1 Mile Run

Snatch + High Hang Snatch  
Build to a heavy  
Clean + Jerk + Jerk  
5 Sets at 75% 1-Rep Max Clean

Bike-Row-Run  
5 rounds  
4min each activity  
Score is total meters



### Fitness Disclaimer

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