

Complimentary Workouts

Published each Monday

20 Min AMRAP
10 PP
20 Pull-Ups
30 Push-Ups

21-15-9-9-15-21
Burpees
GHD
HSPU

8 rounds
200m Run With WB
10 Pistols
10 Box Step-Ups with DB

For Time
100 DU
25 Sit-Ups
75 DU
50 Sit-Ups
50 DU
75 Sit-Ups
25 DU
100 Sit-Ups

EMOM: 16 Min
:40 on :20 of
Bike
WB Squats
Sit-Ups
Jumping Lunges

Every 5 Minutes x 4
400m Run
15 Box Jumps
15 Sit-Ups

10-20-30
DL (105)
Push-Ups
Squats (105)
GHD



Fitness Disclaimer

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