

Monday, March 23, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	2 Rounds: 20 Mountain climbers 20 Sit-ups 20 Air squats 20 Lunges	2 Rounds: 20 Mountain climbers 20 Sit-ups 20 Air squats 20 Lunges	2 Rounds: 20 Mountain climbers 20 Sit-ups 20 Air squats 20 Lunges
	https://www.youtube.com/watch?v=ONY_ddd9Rlw	https://www.youtube.com/watch?v=ONY_ddd9Rlw	https://www.youtube.com/watch?v=ONY_ddd9Rlw
Strength	Split Squat for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps	Split Squat for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps	Split Squat for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps
	https://youtu.be/DKolaUCSuFw	https://youtu.be/DKolaUCSuFw	https://youtu.be/DKolaUCSuFw
WOD	3 RFT: 20 Single leg glute bridges (10/leg) 15 Air squats 10 Push-ups 400m Run	3 RFT: 15 Russian KBS 10 Push-ups 5 KB goblet squats 400m Run	3 RFT: 15 Deadlifts (135/95) 10 Push-ups 5 Front squats (135/95) 400m Run
	https://youtu.be/zV2Nu3gYWTw	https://youtu.be/zV2Nu3gYWTw	https://youtu.be/zV2Nu3gYWTw
Tuesday, March 24, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Lunges 10 Mountain climbers 10 Push-ups	3 Rounds: 10 Lunges 10 Mountain climbers 10 Push-ups	3 Rounds: 10 Lunges 10 Mountain climbers 10 Push-ups
	https://youtu.be/LGlsrEgeia8	https://youtu.be/LGlsrEgeia8	https://youtu.be/LGlsrEgeia8
Strength	Seated Press for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps	Seated Press for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps	Seated Press for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps
	https://youtu.be/93Nr6KFwjFE	https://youtu.be/93Nr6KFwjFE	https://youtu.be/93Nr6KFwjFE
WOD	11:00 AMRAP 200m Run 10 Lying leg raises 20 Alternating single leg floor touches 30 Jumping jacks	11:00 AMRAP 200m Run 10 Weighted sit-ups 20 Alternating DB/KB snatches 30 DB/KB hops	11:00 AMRAP 250m/200m Row 10 T2B 20 Hang power snatches (75/55) 30 DUs
	https://youtu.be/tya4NPg7dMM	https://youtu.be/tya4NPg7dMM	https://youtu.be/tya4NPg7dMM
Wednesday, March 25, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	2 Rounds: 30 V-ups 30 Bicycle crunches 30 Crunches	2 Rounds: 30 V-ups 30 Bicycle crunches 30 Crunches	2 Rounds: 30 V-ups 30 Bicycle crunches 30 Crunches
	https://youtu.be/Ovp6u9FzBRU	https://youtu.be/Ovp6u9FzBRU	https://youtu.be/Ovp6u9FzBRU
Strength	10:00 EMOM 3 Nordic hamstring curls	10:00 EMOM 3 Nordic hamstring curls	10:00 EMOM 3 Nordic hamstring curls
	https://youtu.be/EP9zZwb3EKw	https://youtu.be/EP9zZwb3EKw	https://youtu.be/EP9zZwb3EKw
WOD	10 RFT (each): YGIG by round with a partner 8 Odd object curls 6 Jumping lunges (hands over head) 4 Push-up to alternating shoulder tap	10 RFT (each): YGIG by round with a partner 9 KB/DB curls 6 Overhead lunges (alternate arms each round) 3 Press in lunge (3/side, switch legs too)	10 RFT (each): YGIG by round with a partner 9 Barbell curls (45/35) 6 Overhead squats (45/35) 3 Press in snatch (45/35)
	https://youtu.be/B2GVtITJgCw	https://youtu.be/B2GVtITJgCw	https://youtu.be/B2GVtITJgCw
Thursday, March 26, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 5 Sumo floor touches 5 Death march steps/side 5 Air squats	5 Rounds: 5 Sumo floor touches 5 Death march steps/side 5 Air squats	5 Rounds: 5 Sumo floor touches 5 Death march steps/side 5 Air squats
	https://youtu.be/gGyEWRlqypQ	https://youtu.be/gGyEWRlqypQ	https://youtu.be/gGyEWRlqypQ
Strength	E2MOM x 9 1) :30 Max effort floor L-sit - middle 2) :30 Max effort floor L-sit - right 3) :30 Max effort floor L-sit - left	E2MOM x 9 1) :30 Max effort floor L-sit - middle 2) :30 Max effort floor L-sit - right 3) :30 Max effort floor L-sit - left	E2MOM x 9 1) :30 Max effort floor L-sit - middle 2) :30 Max effort floor L-sit - right 3) :30 Max effort floor L-sit - left
	https://youtu.be/ColShHvkPPY	https://youtu.be/ColShHvkPPY	https://youtu.be/ColShHvkPPY
WOD	For Time: 30-20-10 Plank lat drags Chair dips	For Time: 30-20-10 Dumbbell rows (half the reps/arm) Dumbbell push press (half the reps/arm)	For Time: 21-15-9 Pull-ups Push-ups

	Jumping air squats https://youtu.be/ryiz1cXdFME	Dumbbell Arnold squat (half the reps/arm) https://youtu.be/ryiz1cXdFME	Front squats (135/85) https://youtu.be/ryiz1cXdFME
Friday, March 27, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 5 Push-ups After 5th push-up, plank for 1:00 1:00 Rest https://youtu.be/Sh6d4nAtQul	3 Rounds: 5 Push-ups After 5th push-up, plank for 1:00 1:00 Rest https://youtu.be/Sh6d4nAtQul	3 Rounds: 5 Push-ups After 5th push-up, plank for 1:00 1:00 Rest https://youtu.be/Sh6d4nAtQul
Strength	10:00 EMOM 1 Table row + max effort hold (elbows at 90 degrees) https://youtu.be/-LIDVD-oteU	10:00 EMOM 1) 1 Right arm KB row + max effort hold (elbow behind your back) 2) 1 Left arm KB row + max effort hold (elbow behind your back) https://youtu.be/-LIDVD-oteU	10:00 EMOM 1 Pull-up + max effort hold (chin above the bar) https://youtu.be/-LIDVD-oteU
WOD	20:00 AMRAP 12 Pike push-ups 9 Couch glute bridges 6 Burpees 1:00 Rest https://youtu.be/kzIY6eWtGh8	20:00 AMRAP 12 KB push press (6/side) 9 Weighted couch glute bridge 6 Burpees 1:00 Rest https://youtu.be/kzIY6eWtGh8	20:00 AMRAP 12 Shoulder to overhead (95/65) 9 Hang cleans (95/65) 6 Clean & jerks (95/65) 1:00 Rest https://youtu.be/kzIY6eWtGh8
Saturday, March 28, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 AMRAP 5 Plank burpees 6 Alternating Samson stretches 7 Air squats 8 Cossack squats https://youtu.be/OnPLmTaOlm4	6:00 AMRAP 5 Plank burpees 6 Alternating Samson stretches 7 Air squats 8 Cossack squats https://youtu.be/OnPLmTaOlm4	6:00 AMRAP 5 Plank burpees 6 Alternating Samson stretches 7 Air squats 8 Cossack squats https://youtu.be/OnPLmTaOlm4
Strength	E2MOM X 5 1 Turkish get-up (TGU)/side Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32BdoLv_hRA	E2MOM X 5 1 Turkish get-up (TGU)/side Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32BdoLv_hRA	E2MOM X 5 1 Turkish get-up (TGU)/side Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32BdoLv_hRA
WOD	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow squats *EMOM (starting at 0:00) 1 TGU (alternate arms/minute) *15:00 Time Cap https://youtu.be/3QBgym1EcsU	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow Squats *EMOM (starting at 0:00) 1 TGU (alternate arms/minute) *15:00 Time Cap https://youtu.be/3QBgym1EcsU	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow Squats *EMOM (starting at 0:00) 1 TGU (alternate arms/minute) *15:00 Time Cap https://youtu.be/3QBgym1EcsU
Monday, March 30, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 4 Push-ups 6 Lunges 8 Sit-ups 10 Squats https://youtu.be/PrO-l-Ocfbk	5 Rounds: 4 Push-ups 6 Lunges 8 Sit-ups 10 Squats https://youtu.be/PrO-l-Ocfbk	5 Rounds: 4 Push-ups 6 Lunges 8 Sit-ups 10 Squats https://youtu.be/PrO-l-Ocfbk
Strength	No strength today	No strength today	No strength today
WOD	10 RFT: 10 Plank burpee step-ups 200m Run https://youtu.be/v-BOqC_QAKA	10 RFT: 10 Plank burpee step-ups 200m Run https://youtu.be/v-BOqC_QAKA	10 RFT: 10 Plank burpee step-ups 200m Run https://youtu.be/v-BOqC_QAKA
Tuesday, March 31, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	4 Rounds: 5 Pike push-ups 10 Alternating single leg squats to bench - THEN - 20 Alternating death march steps (10/side) 20 Alternating knee to chest (10/side) 20 Alternating wide leg overhead reach (10/side) https://www.youtube.com/watch?v=eJL22SVONNA	4 Rounds: 5 Pike push-ups 10 Alternating single leg squats to bench - THEN - 20 Alternating death march steps (10/side) 20 Alternating knee to chest (10/side) 20 Alternating wide leg overhead reach (10/side) https://www.youtube.com/watch?v=eJL22SVONNA	4 Rounds: 5 Pike push-ups 10 Alternating single leg squats to bench - THEN - 20 Alternating death march steps (10/side) 20 Alternating knee to chest (10/side) 20 Alternating wide leg overhead reach (10/side) https://www.youtube.com/watch?v=eJL22SVONNA
Strength	E2MOM x 5 :45 Overhead hollow plank https://www.youtube.com/watch?v=aRLDLpoiYW4	E2MOM x 5 12 Hollow hold pull-overs (DB/KB/plate) https://www.youtube.com/watch?v=Tcc9XwaUlBY	E2MOM x 5 12 Hollow hold pull-overs (DB/KB/plate) https://www.youtube.com/watch?v=Tcc9XwaUlBY
WOD	7:00 AMRAP Max tuck jump + lateral step over (any object)	7:00 AMRAP Max DB/KB hop + lateral step-over (DB/KB)	7:00 AMRAP Max box overs (24/20)

	*EMOM (starting at 0:00) 14 sit-ups	*EMOM (starting at 0:00) 10 weighted sit-ups (DB/KB)	*EMOM (starting at 0:00) 7 T2B
	https://www.youtube.com/watch?v=zD0RNd7WKhM	https://www.youtube.com/watch?v=Ty629na7y8w	https://www.youtube.com/watch?v=Yq488SLGrA0

Wednesday, April 1, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	10:00 EMOM 5 Burpees (sprint) ***In remaining time each minute*** Odd minutes: relaxed squat hold (use a wall if needed) Even minutes: relaxed forward fold (use a wall if needed) https://youtu.be/P8FvWzO97nk	10:00 EMOM 5 Burpees (sprint) ***In remaining time each minute*** Odd minutes: relaxed squat hold (use a wall if needed) Even minutes: relaxed forward fold (use a wall if needed) https://youtu.be/P8FvWzO97nk	10:00 EMOM 5 Burpees (sprint) ***In remaining time each minute*** Odd minutes: relaxed squat hold (use a wall if needed) Even minutes: relaxed forward fold (use a wall if needed) https://youtu.be/P8FvWzO97nk
Strength	E2MOM x 5 1:00 Chest squeeze (pillows/cushions) 1:00 REST https://youtu.be/CKIQd7RiBk	E2MOM x 5 1:00 Chest squeeze (medball/pillow/cushions) 1:00 REST https://youtu.be/CKIQd7RiBk	E2MOM x 5 1:00 Chest squeeze (medball/pillow/cushions) 1:00 REST https://youtu.be/CKIQd7RiBk
WOD	20:00 AMRAP YGIG by round with a partner 10 Kick-throughs (5/side) 10 Narrow stance air squats (RX+ = pistols, 5/side) 10 Doorway rows https://youtu.be/S18nee3KkJw	20:00 AMRAP YGIG by round with a partner 10 - 1/2 Kneeling DB/KB presses (5/side) 10 Seated DB/KB quad extensions 10 Stagger stance bent over DB/KB row (5/side) https://youtu.be/c4vtkS2tuSQ	20:00 AMRAP YGIG by round with a partner 10 Single arm landmine presses (5/side) 10 Seated DB/KB quad extensions 10 Landmine stagger stance bent over row (5/side) https://youtu.be/PR4_Gl3pGE
Thursday, April 2, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	10:00 EMOM 10 Air squats 5 KB/DB/odd object row 5 KB/DB/odd object floor press https://www.youtube.com/watch?v=1bgQu6HTK1w	10:00 EMOM 10 Air squats 5 KB/DB/odd object row 5 KB/DB/odd object floor press https://www.youtube.com/watch?v=1bgQu6HTK1w	10:00 EMOM 10 Air squats 5 KB/DB/odd object row 5 KB/DB/odd object floor press https://www.youtube.com/watch?v=1bgQu6HTK1w
Strength	5x5 Bridge walk https://www.youtube.com/watch?v=jXzH79h8Rro	5x5 Stagger stance DB/KB deadlift (5/side) https://www.youtube.com/watch?v=xZQpa6u13ZQ	5x5 Stagger stance deadlift (5/side) *Start at 25% of max deadlift and build slowly https://www.youtube.com/watch?v=liKaydQAOWI
WOD	For Time: 21-18-15-12-9-6-3 Air squats (palms to floor, hands over head) 42-36-30-24-18-12-6 Quick feet https://www.youtube.com/watch?v=g5zChU2NYNU	For Time: 21-18-15-12-9-6-3 Dumbbell thrusters (1 DB, 2 hands) 42-36-30-24-18-12-6 Lateral dumbbell hop-overs https://www.youtube.com/watch?v=rpqP72WFpVU	For Time: 21-18-15-12-9-6-3 Thrusters (45/35) 42-36-30-24-18-12-6 DUs https://www.youtube.com/watch?v=EbmYMgmBNuU
Friday, April 3, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Alternating single leg step-ups 4 Squat flow reaches 10 Butt kickers https://youtu.be/ZqOz9ZRteCl	3 Rounds: 10 Alternating single leg step-ups 4 Squat flow reaches 10 Butt kickers https://youtu.be/ZqOz9ZRteCl	3 Rounds: 10 Alternating single leg step-ups 4 Squat flow reaches 10 Butt kickers https://youtu.be/ZqOz9ZRteCl
Strength	E2MOM x 8 1 Supinated broomstick row + 1:00 squeeze https://youtu.be/Ju4NQsEtw2Q	E2MOM x 8 5 Tempo dumbbell rows (:03 up, :03 pause, :03 down, no rest at the bottom) https://youtu.be/yHI5NdDzM7s	E2MOM x 8 5 Tempo supinated barbell rows (:03 up, :03 pause, :03 down, no rest at the bottom) https://youtu.be/sR8LGRq9bqc
WOD	3 RFT: 12 Alternating plank toe touches 21 Couch glute bridges 400m Run/500m row/1k bike/2:00 of single stair step-ups https://youtu.be/p7I9ekzkGY	3 RFT: 12 Alternating DB snatches 21 Russian KBs 400m Run/500m row/1k bike/2:00 of single stair step-ups https://youtu.be/FzKSgVs4QA	3 RFT: 12 Pull-ups 21 Russian KBs 400m Run/500m row/1k bike/2:00 of single stair step-ups https://youtu.be/Zjz72HGyJ8A
Saturday, April 4, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds (6:00 cap): 10 Mountain climbers (right & left = 1) 10 Air squats 5 Shoulder mobilizers https://youtu.be/QIDsWULEY5E	5 Rounds (6:00 cap): 10 Mountain climbers (right & left = 1) 10 Air squats 5 Shoulder mobilizers https://youtu.be/QIDsWULEY5E	5 Rounds (6:00 cap): 10 Mountain climbers (right & left = 1) 10 Air squats 5 Shoulder mobilizers https://youtu.be/QIDsWULEY5E
Strength	No strength today	No strength today	No strength today
WOD	10 Rounds: 1:00 straight arm wall sit hold :30 MAX plank marches 1:00 rest *2:30 running clock for each round *Score is total plank marches RX = arms fully extended straight out in front of you at shoulder height for the whole minute. Changing the weight or not using any weight at all does not scale the workout. https://youtu.be/Awt6EmK0VGM	10 Rounds: 1:00 straight arm wall sit hold :30 MAX plank marches 1:00 rest *2:30 running clock for each round *Score is total plank marches RX = arms fully extended straight out in front of you at shoulder height for the whole minute. Changing the weight or not using any weight at all does not scale the workout. https://youtu.be/Awt6EmK0VGM	10 Rounds: 1:00 straight arm wall sit hold :30 MAX plank marches 1:00 rest *2:30 running clock for each round *Score is total plank marches RX = arms fully extended straight out in front of you at shoulder height for the whole minute. Changing the weight or not using any weight at all does not scale the workout. https://youtu.be/Awt6EmK0VGM
Monday, April 6, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds (quickly): 5 Push-ups 5 Sit-ups	5 Rounds (quickly): 5 Push-ups 5 Sit-ups	5 Rounds (quickly): 5 Push-ups 5 Sit-ups

	5 Jumping squats https://youtu.be/BN6_JNimZY	5 Jumping squats https://youtu.be/BN6_JNimZY	5 Jumping squats https://youtu.be/BN6_JNimZY
Strength	E2MOM x 5 5 reps/side Narrow stance squat to pistol hold (:03 hold in the bottom) https://youtu.be/o_vvbxsnumY	E2MOM x 5 5 reps/side DB/KB goblet bulgarian split squats (:03 count on the way down) https://youtu.be/Cf3ETrRqTxM	E2MOM x 5 5 reps/side Front rack bulgarian split squats (build) https://youtu.be/pnaXYiwExOQ
WOD	3 RFT: 30 Alternating single leg couch glute bridges 5 Push-up flows 30 Plyo lunges 5 Push-up flows https://youtu.be/BcB5OQrSpJA	3 RFT: 30 Russian KBS 5 Push-ups 10 KB pull-throughs 30 KB goblet squats 5 Push-ups 10 KB pull-throughs https://youtu.be/usoq2yS7dto	3 RFT: 30 Russian KBS 5 Strict pull-ups 10 Push-ups 30 Box-overs 5 Strict pull-ups 10 Push-ups https://youtu.be/rKnuABQfsq0

Tuesday, April 7, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	15-12-9-6-3 Quick feet Sit-ups https://youtu.be/gPofpLpTplo	15-12-9-6-3 Quick feet Sit-ups https://youtu.be/gPofpLpTplo	15-12-9-6-3 Quick feet Sit-ups https://youtu.be/gPofpLpTplo
Strength	10:00 EMOM 5 Knee plank walk-outs https://youtu.be/OUz6lxOeWTU	10:00 EMOM 5 Knee plank walk-outs https://youtu.be/OUz6lxOeWTU	10:00 EMOM 5 Knee barbell rollouts https://youtu.be/Rn9DuZ9nwF0
WOD	10-9-8-7-6-5-4-3-2-1 Lungesters *10 V-tuck Russian twists after each set https://youtu.be/Up34VCrHplc	10-9-8-7-6-5-4-3-2-1 Alternating DB clusters (1 DB, 2 hands) *10 DB Viking twists after each set (5/side) https://youtu.be/XDGJGmG_fvc	10-9-8-7-6-5-4-3-2-1 Squat cleans (135/85) *10 Medball Russian twists after each set (5/side) https://youtu.be/AY93-dNzbcg

Wednesday, April 8, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 10 Alternating lunges 5 Burpees https://youtu.be/8RQ0zeLrWD8	5 Rounds: 10 Alternating lunges 5 Burpees https://youtu.be/8RQ0zeLrWD8	5 Rounds: 10 Alternating lunges 5 Burpees https://youtu.be/8RQ0zeLrWD8
Strength	E3MOM x 4 10 Arm-elevated push-ups (5/side) https://youtu.be/YVRG12WoetA	E3MOM x 4 10 KB tempo tricep floor press (5/side) https://youtu.be/n-ylgpZuAxA	E3MOM x 4 10 Alternating archer ring push-ups https://youtu.be/1OllvmOwin4
WOD	Flower x 3: Air squats (arms behind head) 1:00 REST Low plank leg raises (Up = switch legs) 1:00 REST Bear crawl to pike (Up = pike, down = bear crawl) https://youtu.be/1ZTe0yhT_ik	Flower x 3: DB/KB back squats 1:00 REST Low plank leg raises (Up = switch legs) 1:00 REST DB/KB hollow pull-overs https://youtu.be/lcq3OHVvYkg	Flower x 3: Empty barbell back squats 1:00 REST Box bent knee reverse hypers (up = relax, down = extend) 1:00 REST Hanging L-sit https://youtu.be/B1V3mo1xnLk

Thursday, April 9, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Push-ups 10 Alternating Cossack squats (5/side) 10 Sampson stretch lunges (5/side) https://youtu.be/Qs2UzCGFagA	3 Rounds: 10 Push-ups 10 Alternating Cossack squats (5/side) 10 Sampson stretch lunges (5/side) https://youtu.be/Qs2UzCGFagA	3 Rounds: 10 Push-ups 10 Alternating Cossack squats (5/side) 10 Sampson stretch lunges (5/side) https://youtu.be/Qs2UzCGFagA
Strength	15:00 EMOM 1) 10 Right leg couch glute bridges (hold last rep for remainder of minute) 2) 10 Left leg couch glute bridges (hold last rep for remainder of minute) 3) REST https://youtu.be/imGs6MqrO1U	15:00 EMOM 1) Single leg rotational deadlift (5/side) 2) Single leg DB/KB glute bridge (5/side) 3) REST https://youtu.be/YreNCdHrL7o	15:00 EMOM 1) 5 Deadlift (start at 50% and build) 2) 5 Bench glute bridge (same weight as deadlift) 3) REST https://youtu.be/46k1ah_W6EE
WOD	5 RFT: 200m Run 5 Push-ups 10 Air squats 15 Sit-ups https://youtu.be/tj08cT6XabE	5 RFT: 200m Run 20 Russian KBS 1 DB/KB Turkish get-up/side https://youtu.be/HzPwQ7FU9B4	5 RFT: 200m Run 15 Pull-ups 5 Clean & jerks (135/85) https://youtu.be/mkhQtwV5-2w

Friday, April 10, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	21-15-9 Chair/pronated barbell rows Chair/box dips Jumping air squats https://youtu.be/1tmkuOpgY1s	21-15-9 Chair/pronated barbell rows Chair/box dips Jumping air squats https://youtu.be/1tmkuOpgY1s	21-15-9 Chair/pronated barbell rows Chair/box dips Jumping air squats https://youtu.be/1tmkuOpgY1s
Strength	10:00 EMOM 1) 5 Bird dogs (5/side) 2) 5 Toe walk body saws https://youtu.be/8Bfzwr15PWU	10:00 EMOM 1) 10 Alternating DB hang muscle snatches (5/side) 2) 10 DB bicep curls (1 DB, 2 hands) https://youtu.be/Wpc85rk0hw	10:00 EMOM 1) 5 Barbell muscle snatches (start at 50% and build) 2) REST https://youtu.be/F_E-8GnW6IA
WOD	For Time:	For Time:	For Time:

	30-20-10-20-30 Alternating step back deficit lunges (1/2 the reps/side) Alternating pike toe touches (1/2 the reps/side)	30-20-10-20-30 Alternating goblet KB lunge (1/2 the reps/side) Alternating single arm KB swings (1/2 the reps/side)	21-15-9-15-21 Alternating front rack lunges (95/65) (1/2 the reps/side) Calorie row
	https://youtu.be/sbiOgg_H8vA	https://youtu.be/LaW_w6lwoA0	https://youtu.be/X8aOX8GjXwY

Saturday, April 11, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	4 Rounds (6:00 cap): 5 Burpees 10 Death march steps 15 Jumping air squats	4 Rounds (6:00 cap): 5 Burpees 10 Death march steps 15 Jumping air squats	4 Rounds (6:00 cap): 5 Burpees 10 Death march steps 15 Jumping air squats
	https://youtu.be/eALdAAQScYI	https://youtu.be/eALdAAQScYI	https://youtu.be/eALdAAQScYI
Strength	E2MOM x 5 10 Backpack sumo deadlift high pulls	E2MOM x 5 10 Backpack sumo deadlift high pulls	E2MOM x 5 10 Backpack sumo deadlift high pulls
	https://youtu.be/TQNoXv-b2u0	https://youtu.be/TQNoXv-b2u0	https://youtu.be/TQNoXv-b2u0
WOD	10 rounds :45 Max Burpees :15 REST Every round after the 1st, subtract 1 rep	10 rounds :45 Max Burpees :15 REST Every round after the 1st, subtract 1 rep	10 rounds :45 Max Burpees :15 REST Every round after the 1st, subtract 1 rep
	https://youtu.be/MIGFJFFhw0o	https://youtu.be/MIGFJFFhw0o	https://youtu.be/MIGFJFFhw0o

Monday, April 13, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 10 Quick feet 10 Lunges (5/side) 10 Sit-ups	5 Rounds: 10 Quick feet 10 Lunges (5/side) 10 Sit-ups	5 Rounds: 10 Quick feet 10 Lunges (5/side) 10 Sit-ups
	https://youtu.be/Vd-kxWD9jkA	https://youtu.be/Vd-kxWD9jkA	https://youtu.be/Vd-kxWD9jkA
Strength	E3MOM x 3 16 Split squats (8/side) 16 Alternating plank shoulder taps (8/side)	E3MOM x 3 8 Horns-up split squats (4/side) 8 KB windmills (4/side)	E3MOM x 3 8 Overhead squats 8 Back rack lunges (4/side) *Build only with good form
	https://youtu.be/0_10MFKWUJv4	https://youtu.be/Nek8gNngRUo	https://youtu.be/FwP5vELHzxo
WOD	20:00 EMOM 1 Broad jump + 2 pike push-ups + 3 plank burpees	20:00 EMOM 1) 1 Right arm DB power clean + 2 RA DB strict press + 1 RA DB thruster 2) 1 Left arm DB power clean + 2 LA DB strict press + 1 LA DB thruster	20:00 EMOM 1 Power clean 1 Hang power clean 1 Push press 1 Thruster
	https://youtu.be/xelLMAMm5VE	https://youtu.be/Z_eolyAQ7W0	https://youtu.be/IPQn2vcwOG0

Tuesday, April 14, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	10:00 EMOM 3 Burpees 10 Jumping jacks	10:00 EMOM 3 Burpees 10 Jumping jacks	10:00 EMOM 3 Burpees 10 Jumping jacks
	https://youtu.be/bMsh17idNzQ	https://youtu.be/bMsh17idNzQ	https://youtu.be/bMsh17idNzQ
Strength	Every :30 x 20 1) :30 Tempo leg raise 2) :30 Rest	Every :30 x 20 1 Hollow body DB leg raise	Every :30 x 20 1 Dragon flag
	https://youtu.be/qhJ-PHsui30	https://youtu.be/L7oL0mRY_1M	https://youtu.be/R6ibO2KENIE
WOD	12:00 AMRAP YGIG by movement with a partner 12 Deficit reverse lunges (6/side) 12 Alternating odd object snatches (6/side) 12 Lying leg raises	12:00 AMRAP YGIG by movement with a partner 12 Goblet lunges (6/side) 12 Alternating DB snatches (6/side) 12 DB knee tucks	12:00 AMRAP YGIG by movement with a partner 12 Plate bear lunges (45/25, 6/side) 9 Plate ground to overhead (45/25) 6 T2B
	https://youtu.be/FpJAa_9TVNo	https://youtu.be/JhCq12FHO_A	https://youtu.be/NJDHATbxX7I

Wednesday, April 15, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 AMRAP (consistent movement, not fast) 5 Jumping air squats 5 Sit-ups 10 Lunges 5 Push-ups	6:00 AMRAP (consistent movement, not fast) 5 Jumping air squats 5 Sit-ups 10 Lunges 5 Push-ups	6:00 AMRAP (consistent movement, not fast) 5 Jumping air squats 5 Sit-ups 10 Lunges 5 Push-ups
	https://youtu.be/QMakD2D1Pio	https://youtu.be/QMakD2D1Pio	https://youtu.be/QMakD2D1Pio
Strength	E2MOM x 10 5 Slow push-ups 5 Elevated speed push-ups	E2MOM x 10 5 Palm press (5/side) 5 Slow push-ups	E2MOM x 10 5 Bench press (build) 5 Slow push-ups
	https://youtu.be/JHINO1bE8p4	https://youtu.be/HZ0nNa7rgE	https://youtu.be/kYcsw0-O508
WOD	For Time: 21-15-9 Knee jumps 7-5-3 Couch dips	For Time: 30-20-10 DB power jumps 12-8-4 Alternating DB clusters (1/2 the reps/side)	For Time: 21-15-9 Box jumps (30/24) 7-5-3 Squat snatch (135/85)
	https://youtu.be/OI5enGmsocw	https://youtu.be/P9tWL0Thlql	https://youtu.be/oSvkFV2tkQw

Thursday, April 16, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	7:00 AMRAP (consistent movement, not fast) 3 Pump stretch 10 Death march steps 3 Pump stretch https://www.youtube.com/watch?v=TyKdKDOu9QY	7:00 AMRAP (consistent movement, not fast) 3 Pump stretch 10 Death march steps 3 Pump stretch https://www.youtube.com/watch?v=TyKdKDOu9QY	7:00 AMRAP (consistent movement, not fast) 3 Pump stretch 10 Death march steps 3 Pump stretch https://www.youtube.com/watch?v=TyKdKDOu9QY
Strength	10:00 EMOM 1) 0:00-0:15 Right leg hamstring squeeze + 0:30-0:45 left leg hamstring squeeze 2) 5 Nordic quad extensions https://www.youtube.com/watch?v=vi6iGGzBDc	10:00 EMOM 1) 10 Nordic DB curls 2) 5 Nordic quad extensions https://www.youtube.com/watch?v=uDv51shc8	10:00 EMOM 1) 5 Nordic hamstring curls 2) 5 Nordic quad extensions https://www.youtube.com/watch?v=baCSAQzSROE
WOD	5 RFT: 400m Run 8 Squat plank burpees https://www.youtube.com/watch?v=gA7V6t-5N_I	5 RFT: 400m Run 8 DB/KB horns up squats 8 DB/KB floor press https://www.youtube.com/watch?v=qalCDa3Rs4I	5 RFT: 500m Row 8 Front squats (135/85) https://www.youtube.com/watch?v=V4Ug3eMU3WA

Friday, April 17, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	10:00 EMOM 4 Push-ups 8 Squats 12 Jumping jacks https://youtu.be/a93z6u_woCU	10:00 EMOM 4 Push-ups 8 Squats 12 Jumping jacks https://youtu.be/a93z6u_woCU	10:00 EMOM 4 Push-ups 8 Squats 12 Jumping jacks https://youtu.be/a93z6u_woCU
Strength	E3MOM x 5 10 Doorway rows 1:00 Supinated broomstick squeeze https://youtu.be/CVSKLb0CXZg	E3MOM x 5 10 KB rows (5/side) 10 DB curls (1 DB, 2 hands) https://youtu.be/i9mbTdFT10	E3MOM x 5 10 Pronated bent over rows 5 Close grip chin-ups https://youtu.be/mzEFfXulpo
WOD	For Time: Buy in for each round: 1:00 high plank 60-40-20 Lunges DUs - OR - Quick feet https://youtu.be/HA7VQKVJ77Y	For Time: Buy in for each round: 1:00 high plank 60-40-20 Lunges DUs - OR - Quick feet https://youtu.be/HA7VQKVJ77Y	For Time: Buy in for each round: 1:00 high plank 60-40-20 Lunges DUs - OR - Quick feet https://youtu.be/HA7VQKVJ77Y

Saturday, April 18, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	8 Rounds (8:00 cap): 10 Air squats 3 Easy push ups 4 Samson stretches 5 Towel rows https://youtu.be/QZQ1u2wPPH8	8 Rounds (8:00 cap): 10 Air squats 3 Easy push ups 4 Samson stretches 5 Towel rows https://youtu.be/QZQ1u2wPPH8	8 Rounds (8:00 cap): 10 Air squats 3 Easy push ups 4 Samson stretches 5 Towel rows https://youtu.be/QZQ1u2wPPH8
Strength	No strength today	No strength today	No strength today
WOD	For Time: Buy in: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) --- THEN --- 40 Towel rows 80 Air squats 100 Push ups 80 Air squats 40 Towel Rows --- THEN --- Cash out: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) *36:00 time cap https://youtu.be/Ua5dJPtqQnQ	For Time: Buy in: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) --- THEN --- 40 Towel rows 80 Air squats 100 Push ups 80 Air squats 40 Towel Rows --- THEN --- Cash out: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) *36:00 time cap https://youtu.be/Ua5dJPtqQnQ	For Time: Buy in: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) --- THEN --- 40 Towel rows 80 Air squats 100 Push ups 80 Air squats 40 Towel Rows --- THEN --- Cash out: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) *36:00 time cap https://youtu.be/Ua5dJPtqQnQ

Monday, April 20, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Death march steps (5/side) 10 High knee pulls (5/side) 10 Samson stretch lunges (5/side) https://youtu.be/6Kh1ZYInmo	3 Rounds: 10 Death march steps (5/side) 10 High knee pulls (5/side) 10 Samson stretch lunges (5/side) https://youtu.be/6Kh1ZYInmo	3 Rounds: 10 Death march steps (5/side) 10 High knee pulls (5/side) 10 Samson stretch lunges (5/side) https://youtu.be/6Kh1ZYInmo
Strength	E3MOM x 5 Superset 3 Full squat strict burpees 1:00 Plank https://youtu.be/JmFY2Fe8vVw	E3MOM x 5 Superset 3 DB/KB thrusters (3/side) 1:00 Plank https://youtu.be/999nwjNvWis	E3MOM x 5 Superset 3 Thrusters (build) 1:00 Plank https://youtu.be/sBYtkT8jxB0

WOD	For Time: 18-12-6 Alternating glute bridge hamstring steps (out/in is 2 reps) Push-ups OR HSPU https://youtu.be/DwStsKF1IRQ	For Time: 18-12-6 Alternating single leg KB deadlifts Push-ups OR HSPU https://youtu.be/hDctuoUmv0	For Time: 9-6-3 Deadlift (275/195) HSPU (RX+ = strict) https://youtu.be/2m4Amv0eBY
Tuesday, April 21, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5-4-3-2-1 Strict burpees Cossack squats Cobra extensions https://youtu.be/RefBjBwN4kA	5-4-3-2-1 Strict burpees Cossack squats Cobra extensions https://youtu.be/RefBjBwN4kA	5-4-3-2-1 Strict burpees Cossack squats Cobra extensions https://youtu.be/RefBjBwN4kA
Strength	12:00 EMOM 1) Hollow hold 2) Glute bridge hold 3) Rest https://youtu.be/lrB686_kEG0	12:00 EMOM 1) Right arm suitcase hold 2) Left arm suitcase hold 3) Rest https://youtu.be/u-BXNbD1l_0	12:00 EMOM 1) Back rack hold (AHAP) 2) Floor glute bridge hold 3) Rest https://youtu.be/OJFDp0exxik
WOD	5 RFT: 5 Odd object throws 100m Sprint/150m Row/300m Bike https://youtu.be/qSfP_s7oG4A	5 RFT: 10 Alternating DB snatches (5/side) 100m Sprint/150m Row/300m Bike https://youtu.be/GSxRjJpAhZo	5 RFT: 5 Power snatches (135/85) 100m Sprint/150m Row/300m Bike https://youtu.be/02YQr7JMVmA
Wednesday, April 22, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	10:00 EMOM 1) 10 Air squats + straddle fold 2) 10 Air squats + bound angle https://youtu.be/7xfksSeixll	10:00 EMOM 1) 10 Air squats + straddle fold 2) 10 Air squats + bound angle https://youtu.be/7xfksSeixll	10:00 EMOM 1) 10 Air squats + straddle fold 2) 10 Air squats + bound angle https://youtu.be/7xfksSeixll
Strength	6x5 Superset 5 Dips (chair/couch) 5 Pike push-ups *20:00 time cap https://youtu.be/yc1CldE08F0	6x5 Superset 5 Glute bridge KB palm press (5/side) 5 DB z-press (5/side) *20:00 time cap https://youtu.be/XVQg7UsY70Y	6x5 Superset 5 Strict dips (ring/matador) 5 Strict press (45/35) *20:00 time cap https://youtu.be/e48Pe8O9P0l
WOD	11:00 AMRAP 10 Alternating reverse lunges (5/side) 20 Push-ups 10 Alternating reverse lunges (5/side) 40 Quick feet https://youtu.be/06F9BQIncf0	11:00 AMRAP 10 Russian KBS 20 DB thrusters (10/side) 10 Russian KBS 40 Quick feet https://youtu.be/Xi2RuZHKt8	11:00 AMRAP 10 Russian KBS 20 Wall balls 10 Russian KBS 40 DUs https://youtu.be/L069iPYfik
Thursday, April 23, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Pass throughs (PVC) 10 Overhead lunges 10 Good mornings https://youtu.be/VzNMvnIjQVA	3 Rounds: 10 Pass throughs (PVC) 10 Overhead lunges 10 Good mornings https://youtu.be/VzNMvnIjQVA	3 Rounds: 10 Pass throughs (PVC) 10 Overhead lunges 10 Good mornings https://youtu.be/VzNMvnIjQVA
Strength	E3MOM x 5 1:00 Unbroken odd object couch glute bridges https://youtu.be/fVhTIS_Zf8	E3MOM x 5 1:00 Unbroken Russian KB swings https://youtu.be/35HVRU_JZk0	E3MOM x 5 8 Barbell good mornings https://youtu.be/M27lEnyPhCY
WOD	3 Sets: 2:00 AMRAP 6 Strict burpees Max broomstick Turkish sit-ups 2:00 REST https://youtu.be/HfHkKsQl6dQ	3 Sets: 2:00 AMRAP 6 Burpees-over-KB Max alternating DB hang clean and jerks 2:00 REST https://youtu.be/Q8zsMewNr9E	3 Sets: 2:00 AMRAP 6 Burpees-over-rower Max cal row 2:00 REST https://youtu.be/vDk9yTZXRpC
Friday, April 24, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 5 Pike push-ups 20 Mountain climbers (10/side) 10 Cossack squats (5/side) https://www.youtube.com/watch?v=7ORNQ81VL2s	3 Rounds: 5 Pike push-ups 20 Mountain climbers (10/side) 10 Cossack squats (5/side) https://www.youtube.com/watch?v=7ORNQ81VL2s	3 Rounds: 5 Pike push-ups 20 Mountain climbers (10/side) 10 Cossack squats (5/side) https://www.youtube.com/watch?v=7ORNQ81VL2s
Strength	E4MOM x 5 Odd object hollow pull-overs (AHAP) https://www.youtube.com/watch?v=eMVBa9XmGIw	E4MOM x 5 Max effort DB/KB pull-overs https://www.youtube.com/watch?v=eNV2wWQWk3U	E4MOM x 5 Max effort pull-ups (any version) https://www.youtube.com/watch?v=-AUsa90Gbw8
WOD	For Time: 30 Reverse lunges (15/side) 30 Push-up plyo hops 30 Rotational sit-ups (15/side) 30 Push-up plyo hops 30 Forward lunges (15/side) https://www.youtube.com/watch?v=4eMlIbREU2g	For Time: 30 Goblet lunges (15/side) 30 DB/KB push press (15/side) 30 Rotational sit-ups (15/side) 30 DB/KB power jerks (15/side) 30 Bodyweight lunges (15/side) https://www.youtube.com/watch?v=rAkaexkUPic	For Time: 30 Box jumps (24/20) 25 Push press (95/65) 20 T2B 25 Power jerks (95/65) 30 Box step-ups (24/20) https://www.youtube.com/watch?v=4_akf6y7fck
Saturday, April 25, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds:	3 Rounds:	3 Rounds:

	5 Inch worms 10 Plank burpees 15 Sit-ups 20 Superman pulses https://youtu.be/nc-MLjW4Jl4	5 Inch worms 10 Plank burpees 15 Sit-ups 20 Superman pulses https://youtu.be/nc-MLjW4Jl4	5 Inch worms 10 Plank burpees 15 Sit-ups 20 Superman pulses https://youtu.be/nc-MLjW4Jl4
Strength	No strength today	No strength today	No strength today
WOD	TABATA 3 Rounds: Choose one movement/round from the list below: Alligator rolls Single leg hip extensions Dead bugs Sit-ups Flutter kicks Plank burpees *Rest 1:30 in between rounds https://youtu.be/Sdu_5JhD1g	TABATA 3 Rounds: Choose one movement/round from the list below: Alligator rolls Single leg hip extensions Dead bugs Sit-ups Flutter kicks Plank burpees *Rest 1:30 in between rounds https://youtu.be/Sdu_5JhD1g	TABATA 3 Rounds: Choose one movement/round from the list below: Alligator rolls Single leg hip extensions Dead bugs Sit-ups Flutter kicks Plank burpees *Rest 1:30 in between rounds https://youtu.be/Sdu_5JhD1g
Monday, April 27, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	4 Rounds: 5 Tuck jumps 10 Alternating sumo stance toe touches (5/side) 15 Jumping jacks https://www.youtube.com/watch?v=3lcl-6o5F-Q	4 Rounds: 5 Tuck jumps 10 Alternating sumo stance toe touches (5/side) 15 Jumping jacks https://www.youtube.com/watch?v=3lcl-6o5F-Q	4 Rounds: 5 Tuck jumps 10 Alternating sumo stance toe touches (5/side) 15 Jumping jacks https://www.youtube.com/watch?v=3lcl-6o5F-Q
Strength	15:00 EMOM 1) 5 Air squats (:01 down + :10 hold + :01 up) 2) High plank 3) Rest https://www.youtube.com/watch?v=yMfNdVRvav0	15:00 EMOM 1) 5 reps of: DB hang squat clean + front squat (right side) 2) 5 reps of: DB hang squat clean + front squat (left side) 3) Rest https://www.youtube.com/watch?v=ZeYfpBGmL4c	15:00 EMOM 1) 5 reps of: hang squat clean + front squat (build each set) 2) High plank 3) Rest https://www.youtube.com/watch?v=ovSI929aTdo
WOD	7:00 AMRAP 9 Plank burpees 6 Supinated bed sheet rows 3 Push-ups https://www.youtube.com/watch?v=r51TAOC4POg	7:00 AMRAP 9 Russian KBS 6 Dead stop horns-up KB cleans 3 KB floor press (3/side) https://www.youtube.com/watch?v=wRGT284ADLc	7:00 AMRAP 5 Deadlifts (185/125) 3 Hang power cleans (185/125) 1 Split jerk (185/125) https://www.youtube.com/watch?v=E42jBXT-12Q
Tuesday, April 28, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	8:00 EMOM 1) 10 Bent knee toy soldiers (5/side) 2) 10 Long death march steps (5/side) 3) 10 Strict burpees 4) 5 Pump stretch https://www.youtube.com/watch?v=xDeu30nseKE	8:00 EMOM 1) 10 Bent knee toy soldiers (5/side) 2) 10 Long death march steps (5/side) 3) 10 Strict burpees 4) 5 Pump stretch https://www.youtube.com/watch?v=xDeu30nseKE	8:00 EMOM 1) 10 Bent knee toy soldiers (5/side) 2) 10 Long death march steps (5/side) 3) 10 Strict burpees 4) 5 Pump stretch https://www.youtube.com/watch?v=xDeu30nseKE
Strength	For Time: 15-10-5 Coffee table L-sits Side plank leg abductions (all reps each side) 1:00 REST https://www.youtube.com/watch?v=yCAyWVJGrFI	For Time: 15-10-5 DB seated knee tucks Pronated single arm KB deadlift (all reps each side) 1:00 REST https://www.youtube.com/watch?v=mF7Ggk8-lbE	For Time: 15-10-5 Weighted knee raises (medball) Landmine single arm deadlift (all reps each side) 1:00 REST https://www.youtube.com/watch?v=w8IDBv3h_H8
WOD	For Time: 12-9-6 Couch HSPU Jumping air squats 400m Run after each set https://www.youtube.com/watch?v=gOISvdjckY4	For Time: 12-9-6 DB thrusters (all reps each side) 400m Run after each set https://www.youtube.com/watch?v=gfOw4BvNHCI	For Time: 12-9-6 Thrusters (135/85) 400m Run after each set https://www.youtube.com/watch?v=pmbCmkR7468
Wednesday, April 29, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	2 Rounds: 400m Jog/500m easy row/1k easy bike 10 Jumping air squats 20 Long death march steps https://www.youtube.com/watch?v=kOBXaq65TkC	2 Rounds: 400m Jog/500m easy row/1k easy bike 10 Jumping air squats 20 Long death march steps https://www.youtube.com/watch?v=kOBXaq65TkC	2 Rounds: 400m Jog/500m easy row/1k easy bike 10 Jumping air squats 20 Long death march steps https://www.youtube.com/watch?v=kOBXaq65TkC
Strength	Every :30 x 20 1 Pause 1.5 hand release push-up Push-up at zero, down to pause at ninety degrees, push-up at 9, REST remaining :20 https://www.youtube.com/watch?v=dpRO1x4Q6OU	Every :30 x 20 1 Pause 1.5 hand release push-up Push-up at zero, down to pause at ninety degrees, push-up at 9, REST remaining :20 https://www.youtube.com/watch?v=dpRO1x4Q6OU	Every :30 x 20 1 Pause 1.5 hand release push-up Push-up at zero, down to pause at ninety degrees, push-up at 9, REST remaining :20 https://www.youtube.com/watch?v=dpRO1x4Q6OU
WOD	5 RFT: 100' Bear crawl 100' Broad jump 200m Run https://www.youtube.com/watch?v=Jl-w6d4Q63Q	5 RFT: 100' Bear crawl 100' Broad jump 200m Run https://www.youtube.com/watch?v=Jl-w6d4Q63Q	5 RFT: 100' Bear crawl 100' Broad jump 200m Run https://www.youtube.com/watch?v=Jl-w6d4Q63Q
Thursday, April 30, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5:00 EMOM 5 Easy push-ups (on something)	5:00 EMOM 5 Easy push-ups (on something)	5:00 EMOM 5 Easy push-ups (on something)

	6 Cossack squats (3/side) 7 Sit-ups https://youtu.be/YIW12z54aw	6 Cossack squats (3/side) 7 Sit-ups https://youtu.be/YIW12z54aw	6 Cossack squats (3/side) 7 Sit-ups https://youtu.be/YIW12z54aw
Strength	E3MOM x 5 Superset 8 Alternating single leg couch glute bridges (4/side) 16 Single leg floor glute bridges (8/side) https://youtu.be/E1xqRN5Wduw	E3MOM x 5 Superset 8 Sumo KB deadlifts 8 KB horns-up muscle cleans https://youtu.be/y8LLxL3Thhk	E3MOM x 5 Superset 8 Pause 1.5 deadlifts https://youtu.be/W15i-jUQSI
WOD	7:00 AMRAP 15 Deficit couch glute bridges 10 Bedsheet rows 5 Push-ups OR HSPU https://youtu.be/WWG4J33i4lg	7:00 AMRAP 15 Russian KBS 10 KB stagger stance rows (10/side) 5 Push-ups OR HSPU https://youtu.be/843VFPZWIAA	7:00 AMRAP 15 Russian KBS 10 Pull-ups 5 HSPU https://youtu.be/IUZpArmTZOI

Friday, May 1, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Supinated pass-throughs (PVC) 10 Pronated posterior raises (PVC) 10 Overhead squats (PVC) 10 Supinated Russian lunges (PVC)	3 Rounds: 10 Supinated pass-throughs (PVC) 10 Pronated posterior raises (PVC) 10 Overhead squats (PVC) 10 Supinated Russian lunges (PVC)	3 Rounds: 10 Supinated pass-throughs (PVC) 10 Pronated posterior raises (PVC) 10 Overhead squats (PVC) 10 Supinated Russian lunges (PVC)
	https://youtu.be/ox48oxibHIQ	https://youtu.be/ox48oxibHIQ	https://youtu.be/ox48oxibHIQ
Strength	10:00 EMOM 3 Pause bedsheet rows (thumb touching body + elbow at rib cage)	10:00 EMOM 3 Pause DB/KB rows (3/side) (thumb touching body + elbow at rib cage)	10:00 EMOM 3 Pause jumping pull-ups (chin-over-bar + 90 at elbows)
	https://youtu.be/kh5xldbHjBM	https://youtu.be/OXRNojKXXP0	https://youtu.be/RHQQWf5EJJs
WOD	12:00 AMRAP 16 Pillow throws 16 - 4' Broad jumps	12:00 AMRAP 16 Alternating DB hang power snatches (8/side) 16 - 4' Broad jumps (back and forth)	12:00 AMRAP 10 Power snatches (95/65) 10 Box-overs (24/20, RX+ = jump overs)
	https://youtu.be/QJelF5GaClg	https://youtu.be/QJelF5GaClg	https://youtu.be/JGscOrIRxUM
Saturday, May 2, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	4 Rounds: 10 Lunges (5/side) 5 Burpees 10 Death march steps (5/side)	4 Rounds: 10 Lunges (5/side) 5 Burpees 10 Death march steps (5/side)	4 Rounds: 10 Lunges (5/side) 5 Burpees 10 Death march steps (5/side)
	https://youtu.be/V010eyiDITM	https://youtu.be/V010eyiDITM	https://youtu.be/V010eyiDITM
Strength	5x10 Kitchen pan skull crushers	5x10 Kitchen pan skull crushers	5x10 Kitchen pan skull crushers
	https://youtu.be/lzG0iiMhSB8	https://youtu.be/lzG0iiMhSB8	https://youtu.be/lzG0iiMhSB8
WOD	10:00 EMOM 6 Push-up plank jacks 6 Russian lunges (3/side) MAX Russian twists	10:00 EMOM 6 Push-up plank jacks 6 Russian lunges (3/side) MAX Russian twists	10:00 EMOM 6 Push-up plank jacks 6 Russian lunges (3/side) MAX Russian twists
	https://youtu.be/7d03UDanA5g	https://youtu.be/7d03UDanA5g	https://youtu.be/7d03UDanA5g
Monday, May 4, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM 1) 5 Easy push-ups (on something) + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees	9:00 EMOM 1) 5 Easy push-ups (on something) + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees	9:00 EMOM 1) 5 Easy push-ups (on something) + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees
	https://youtu.be/RKyqVP2xcwU	https://youtu.be/RKyqVP2xcwU	https://youtu.be/RKyqVP2xcwU
Strength	Run 4x400m/Row 4x500m/Bike 4x1000m	Run 4x400m/Row 4x500m/Bike 4x1000m	Run 4x400m/Row 4x500m/Bike 4x1000m
	REST 2:00 between sets	REST 2:00 between sets	REST 2:00 between sets
WOD	For Time: 10-8-6-4-2-4-6-8-10 Push-ups (RX+ = weighted/banded) *10 Full pause reverse-hypers between each set	For Time: 10-8-6-4-2-4-6-8-10 (all reps each side if only 1 DB) DB bench/DB floor press *10 Step single DB/KB death march steps between each set	For Time: 10-8-6-4-2-4-6-8-10 (each side if only 1 DB) DB bench/DB floor press *10 Step single DB/KB death march between each set
	https://youtu.be/q00rKfM7Zw	https://youtu.be/Fm-9eZBwtXw	https://youtu.be/Fm-9eZBwtXw
Tuesday, May 5, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Good mornings 10 Standing torso rotations (5/direction) 10 Hinged torso rotations (5/direction) 10 Jumping air squats	3 Rounds: 10 Good mornings 10 Standing torso rotations (5/direction) 10 Hinged torso rotations (5/direction) 10 Jumping air squats	3 Rounds: 10 Good mornings 10 Standing torso rotations (5/direction) 10 Hinged torso rotations (5/direction) 10 Jumping air squats
	https://youtu.be/cFGwwdkMqpc	https://youtu.be/cFGwwdkMqpc	https://youtu.be/cFGwwdkMqpc
Strength	6x5 Towel row (landmine, KB, or doorway)	6x5 Towel row (landmine, KB, or doorway)	6x5 Towel row (landmine, KB, or doorway)
	https://youtu.be/sbfuddAptLU	https://youtu.be/sbfuddAptLU	https://youtu.be/sbfuddAptLU
WOD	5:00 AMRAP 12 Pillow glute bridges 6 Supinated bedsheet curls - 2:00 Rest - 5:00 AMRAP 12 Stair step-ups (>6' = 3 stairs, <5'11" = 2 stairs) 6 Push-ups	5:00 AMRAP 12 American KBS 8 DB curls - 2:00 Rest - 5:00 AMRAP 12 Broad jumps (4') 4 DB/KB clean & press (4/side)	5:00 AMRAP 12 Deadlifts (135/85) 4 Strict pull-ups - 2:00 Rest - 5:00 AMRAP 12 Box jumps (24/20) 4 Clean & jerks (135/85)
	https://youtu.be/bFXnGLbgces	https://youtu.be/LL7ATr1Bphc	https://youtu.be/O69Jflg-Css
Wednesday, May 6, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	7:00 AMRAP (Moving slow and controlled) 10 V-ups 10 Thrusters (PVC) 4 Alternating high jumps	7:00 AMRAP (Moving slow and controlled) 10 V-ups 10 Thrusters (PVC) 4 Alternating high jumps	7:00 AMRAP (Moving slow and controlled) 10 V-ups 10 Thrusters (PVC) 4 Alternating high jumps
	https://youtu.be/t_ZaNW9-SQo	https://youtu.be/t_ZaNW9-SQo	https://youtu.be/t_ZaNW9-SQo

Strength	12:00 EMOM 1) High plank 2) Right side plank :30 3) Left side plank :30 4) 10 alternating psoas march (banded or couch bridge) https://youtu.be/itV70DWek4U	12:00 EMOM 1) High plank 2) Right side plank :30 3) Left side plank :30 4) 10 alternating psoas march (banded or couch bridge) https://youtu.be/itV70DWek4U	12:00 EMOM 1) High plank 2) Right side plank :30 3) Left side plank :30 4) 10 alternating psoas march (banded or couch bridge) https://youtu.be/itV70DWek4U
WOD	30:00 EMOM 1) 5 Strict chin-ups/supinated bedsheet rows/5 KB rows (5/side) + 10 split lunges (5/side) 2) 5 Push-ups + 10 single leg floor glute bridges (5/side) 3) 10 Air squats https://youtu.be/vbOHKaqBTaU	30:00 EMOM 1) 5 Strict chin-ups/supinated bedsheet rows/5 KB rows (5/side) + 10 split lunges (5/side) 2) 5 Push-ups + 10 single leg floor glute bridges (5/side) 3) 10 Air squats https://youtu.be/vbOHKaqBTaU	30:00 EMOM 1) 5 Strict chin-ups/supinated bedsheet rows/5 KB rows (5/side) + 10 split lunges (5/side) 2) 5 Push-ups + 10 single leg floor glute bridges (5/side) 3) 10 Air squats https://youtu.be/vbOHKaqBTaU

Thursday, May 7, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM 1) 5 Rows + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees - THEN - :30 Bonesaw on each calf :30 PVC roll each foot https://youtu.be/BU8rErVEozk	9:00 EMOM 1) 5 Rows + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees - THEN - :30 Bonesaw on each calf :30 PVC roll each foot https://youtu.be/BU8rErVEozk	9:00 EMOM 1) 5 Rows + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees - THEN - :30 Bonesaw on each calf :30 PVC roll each foot https://youtu.be/BU8rErVEozk
Strength	Run 2x800m/Row 2x1000m/2x2000m REST 4:00 between sets	Run 2x800m/Row 2x1000m/2x2000m REST 4:00 between sets	Run 2x800m/Row 2x1000m/2x2000m REST 4:00 between sets
WOD	For Time: 100-80-60-40-20 Quick feet 50-40-30-20-10 Bird-dogs (1/2 the reps on each side) https://youtu.be/AD7PEM-qKIY	For Time: 100-80-60-40-20 Quick feet 50-40-30-20-10 Alternating DB hang snatches (1/2 the reps on each side) https://youtu.be/aIPWQnR9RA0	For Time: 100-80-60-40-20 DUs 50-40-30-20-10 Alternating single arm DB/KB swings https://youtu.be/bNbmZNP4H4

Friday, May 8, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Long death march steps 20 Jumping jacks 10 Arm circles (5/direction/side) https://youtu.be/fzN4VssmMjs	3 Rounds: 10 Long death march steps 20 Jumping jacks 10 Arm circles (5/direction/side) https://youtu.be/fzN4VssmMjs	3 Rounds: 10 Long death march steps 20 Jumping jacks 10 Arm circles (5/direction/side) https://youtu.be/fzN4VssmMjs
Strength	6x5 Odd object lungesters (5/side) https://youtu.be/FUF9fLMCUXE	6x5 Alternating DB overhead reverse lunge (5/side) https://youtu.be/FUF9fLMCUXE	6x5 Barbell OHS (build with good form) https://youtu.be/FUF9fLMCUXE
WOD	7 RFT (each): YGIG by round with a partner 9 Sit-ups 6 Push-ups 3 Candlestick power jumps 100m run/125m row/300m bike https://youtu.be/12XnXFeSwmg	7 RFT (each): YGIG by round with a partner 8 Alternating DB hang clusters (4/side) 6 Weighted sit-ups 4 Plank burpees 100m run/125m row/300m bike https://youtu.be/sMkNGB9TfWQ	7 RFT (each): YGIG by round with a partner 9 Wall balls (20/14) 6 T2B 3 Power cleans (135/85) 100m run/125m row/300m bike https://youtu.be/KNYUvvgI0us

Saturday, May 9, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Air Squats 10 Burpees 10 Towel scap pull ups 10 Towel rows https://youtu.be/ppB1ZPWa68k	3 Rounds: 10 Air Squats 10 Burpees 10 Towel scap pull ups 10 Towel rows https://youtu.be/ppB1ZPWa68k	3 Rounds: 10 Air Squats 10 Burpees 10 Towel scap pull ups 10 Towel rows https://youtu.be/ppB1ZPWa68k
Strength	2x10 Odd object goblet squat - THEN - 2x10 Odd object strict press - THEN - 2x10 Odd object thrusters https://youtu.be/GvxW7CYgCo	2x10 Odd object goblet squat - THEN - 2x10 Odd object strict press - THEN - 2x10 Odd object thrusters https://youtu.be/GvxW7CYgCo	2x10 Odd object goblet squat - THEN - 2x10 Odd object strict press - THEN - 2x10 Odd object thrusters https://youtu.be/GvxW7CYgCo
WOD	For Time: 30-25-20-15-10 Odd object thrusters (1/2 the reps each side) 10-15-20-25-30 Towel Rows *12:00 time cap https://youtu.be/OB0FjICNn98	For Time: 30-25-20-15-10 Odd object thrusters (1/2 the reps each side) 10-15-20-25-30 Towel Rows *12:00 time cap https://youtu.be/OB0FjICNn98	For Time: 30-25-20-15-10 Odd object thrusters (1/2 the reps each side) 10-15-20-25-30 Towel Rows *12:00 time cap https://youtu.be/OB0FjICNn98

Monday, May 11, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 6 Death march steps (3/side) 4 High knee pulls (2/side) 2 Pump stretch - THEN - 1/2 Tabata air squats https://youtu.be/dDID2VdNO2k	5 Rounds: 6 Death march steps (3/side) 4 High knee pulls (2/side) 2 Pump stretch - THEN - 1/2 Tabata air squats https://youtu.be/dDID2VdNO2k	5 Rounds: 6 Death march steps (3/side) 4 High knee pulls (2/side) 2 Pump stretch - THEN - 1/2 Tabata air squats https://youtu.be/dDID2VdNO2k
Strength	Run 8x200m/Row 8x250/Bike 8x500 REST 1:00 between sets	Run 8x200m/Row 8x250/Bike 8x500 REST 1:00 between sets	Run 8x200m/Row 8x250/Bike 8x500 REST 1:00 between sets
WOD	30 RFT: 1 Lungester 3 Sit-ups 5 Jumping jacks https://youtu.be/IF7pvYiITPs	30 RFT: 1 DB snatch-to-reverse-lunge (1/side) 3 Sit-ups https://youtu.be/WE0KMN381uw	30 RFT: 1 Snatch (135/85) 2 Lunges (1/leg) 3 Sit-ups https://youtu.be/YEKAcOO_rs

Tuesday, May 12, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM 1) 10 DB/KB floor presses 2) 10 Single leg squats (5/side) 3) 10 Scap pulls https://youtu.be/7oaUS13KHZY	9:00 EMOM 1) 10 DB/KB floor presses 2) 10 Single leg squats (5/side) 3) 10 Scap pulls https://youtu.be/7oaUS13KHZY	9:00 EMOM 1) 10 DB/KB floor presses 2) 10 Single leg squats (5/side) 3) 10 Scap pulls https://youtu.be/7oaUS13KHZY
Strength	E3MOM x 5 10 Unbroken push-ups *Do sets 1, 3, and 5 VERY challenging. Sets 2 and 4 should be easier/higher https://youtu.be/1JJoRKYcv8E	E3MOM x 5 8 Bottom-up KB floor press (4/arm) *Do not build. Just work on control *Palm press instead if KB is too heavy for bottom-up press https://youtu.be/Umxjrk68jFY	E3MOM x 5 8 Bench press Build with good form. Start less than 50% of 1RM https://youtu.be/O-eKtz-fg0Q
WOD	For Time: 45-30-15 Jumping air squats Towel rows https://youtu.be/2RNvJ14I2g8	For Time: 30-20-10 Goblet lunges (1/2 the reps on each side) Dead stop horns-up KB muscle cleans https://youtu.be/eyqXLWzJmI0	For Time: 21-15-9 Box jumps (24/20) Pull-ups https://youtu.be/0g2kEmh0RMw

Wednesday, May 13, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Jumping floor touches 10 Sit-ups 10 PVC good mornings https://youtu.be/sHGqSL3BAYk	3 Rounds: 10 Jumping floor touches 10 Sit-ups 10 PVC good mornings https://youtu.be/sHGqSL3BAYk	3 Rounds: 10 Jumping floor touches 10 Sit-ups 10 PVC good mornings https://youtu.be/sHGqSL3BAYk
Strength	5 RNFT: 10 Seated L-sit leg raises (over odd object) 10 Odd object wood chops (10/side) 2:00 REST https://youtu.be/3zT7VthpOEK	5 RNFT: 10 Seated L-sit leg raises (over DB/KB) 10 Dumbbell woodchops (5/side) 2:00 REST https://youtu.be/AkAQc_2al0g	5 RNFT: 10 Hanging L-sit rotations 10 Landmine windmills 2:00 REST https://youtu.be/6HhcBQ0kuUQ
WOD	For Time: 30-20-10 Jumping towel rows Push-ups https://youtu.be/-1sBYSsfkQ	For Time: 30-20-10 Hang power DB/KB cleans (1/2 the reps/side) Floor press (1/2 the reps/side) https://youtu.be/VogOvV6XeEg	For Time: 21-15-9 Power cleans (135/85) Ring push-ups https://youtu.be/8b_9SHnPs_I

Thursday, May 14, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	15:00 EMOM 1) 10 Penguin jumps + calf stretch remainder of minute 2) 20 Mountain climbers 3) 30 Stride jog https://youtu.be/QEBqJkIB-2U	15:00 EMOM 1) 10 Penguin jumps + calf stretch remainder of minute 2) 20 Mountain climbers 3) 30 Stride jog https://youtu.be/QEBqJkIB-2U	15:00 EMOM 1) 10 Penguin jumps + calf stretch remainder of minute 2) 20 Mountain climbers 3) 30 Stride jog https://youtu.be/QEBqJkIB-2U
Strength	Run 2x1600m/row 2x2000m/bike 2x4000m REST 5:00 between sets	Run 2x1600m/row 2x2000m/bike 2x4000m REST 5:00 between sets	Run 2x1600m/row 2x2000m/bike 2x4000m REST 5:00 between sets
WOD	12:00 AMRAP 25 DUs/50 single unders/25 penguin jumps 25 Sit-ups 100m Sprint/125m row/300m bike/:30 quick feet https://youtu.be/3NaTm4lkgR4	12:00 AMRAP 25 DUs/50 single unders/25 penguin jumps 25 Sit-ups 100m Sprint/125m row/300m bike/:30 quick feet https://youtu.be/3NaTm4lkgR4	12:00 AMRAP 25 DUs/50 single unders/25 penguin jumps 25 Sit-ups 100m Sprint/125m row/300m bike/:30 quick feet https://youtu.be/3NaTm4lkgR4

Friday, May 15, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: (Moving slow and steady) 10 Single leg good mornings 5 Pump stretches 5 Pause air squats https://youtu.be/TQEFt_ps3gE	3 Rounds: (Moving slow and steady) 10 Single leg good mornings 5 Pump stretches 5 Pause air squats https://youtu.be/TQEFt_ps3gE	3 Rounds: (Moving slow and steady) 10 Single leg good mornings 5 Pump stretches 5 Pause air squats https://youtu.be/TQEFt_ps3gE

Strength	E3MOM x 5 10 Heel elevated glute bridge https://youtu.be/hH14Lo0UNz8	E3MOM x 5 10 Dead-stop KB swings https://youtu.be/kCBq4EgpbQ	E3MOM x 5 8 Deadlift (build with good form) https://youtu.be/HTLO4TLgLxQ
WOD	For Time: 150 Alternating leg reverse lunge broomstick thrusters (75/side) https://youtu.be/mqNYwfQibA	For Time: 150 Alternating leg reverse lunge DB thrusters (75/side) https://youtu.be/jsQ8zP7kSk	For Time: 150 Alternating reverse lunge wallballs (75/side) https://youtu.be/rMwclJiDMZ4

Saturday, May 16, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds 4 Easy push up-down dogs 8 Sit-ups 12 Mountain climbers (6/side) 16 Air squats https://youtu.be/aNmTK8mk9-E	3 Rounds 4 Easy push up-down dogs 8 Sit-ups 12 Mountain climbers (6/side) 16 Air squats https://youtu.be/aNmTK8mk9-E	3 Rounds 4 Easy push up-down dogs 8 Sit-ups 12 Mountain climbers (6/side) 16 Air squats https://youtu.be/aNmTK8mk9-E
Strength	No strength today	No strength today	No strength today
WOD	10 RFHT 8 Push-ups 16 Sit-ups 24 Mountain climbers (12/side) Max backpack wall sit hold (1:00 max) Rest 1:00 https://youtu.be/DpoRO9QyhGA	10 RFHT 8 Push-ups 16 Sit-ups 24 Mountain climbers (12/side) Max backpack wall sit hold (1:00 max) Rest 1:00 https://youtu.be/DpoRO9QyhGA	10 RFHT 8 Push-ups 16 Sit-ups 24 Mountain climbers (12/side) Max backpack wall sit hold (1:00 max) Rest 1:00 https://youtu.be/DpoRO9QyhGA

Monday, May 18, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Alternating toy soldiers (5/side) 10 Alternating crossed ankle forward folds (5/side) 3 Pump stretch w/ rotation (3/direction) - THEN - 1/2 Tabata high knees 1/2 Tabata butt kickers https://youtu.be/P4ErZsmdomM	3 Rounds: 10 Alternating toy soldiers (5/side) 10 Alternating crossed ankle forward folds (5/side) 3 Pump stretch w/ rotation (3/direction) - THEN - 1/2 Tabata high knees 1/2 Tabata butt kickers https://youtu.be/P4ErZsmdomM	3 Rounds: 10 Alternating toy soldiers (5/side) 10 Alternating crossed ankle forward folds (5/side) 3 Pump stretch w/ rotation (3/direction) - THEN - 1/2 Tabata high knees 1/2 Tabata butt kickers https://youtu.be/P4ErZsmdomM
Strength	For Time: Run 800m/row 1000m/bike 2000m REST 2:00 Run 200m/row 500m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 500m/bike 500m REST 2:00 Run 800m/row 1000m/bike 2000m *Time Cap: 25:00	For Time: Run 800m/row 1000m/bike 2000m REST 2:00 Run 200m/row 500m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 500m/bike 500m REST 2:00 Run 800m/row 1000m/bike 2000m *Time Cap: 25:00	For Time: Run 800m/row 1000m/bike 2000m REST 2:00 Run 200m/row 500m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 500m/bike 500m REST 2:00 Run 800m/row 1000m/bike 2000m *Time Cap: 25:00
WOD	For Time: 25-20-15-10-5 Broomstick thrusters Broad jumps (4') Couch reverse-hypers https://youtu.be/C3NejYbUWxl	For Time: 25-20-15-10-5 Thrusters Broad jumps (4') Russian KBS (AHAP) https://youtu.be/XOV9IzixKq	For Time: 25-20-15-10-5 Wall balls (20/14) Box jumps (24/20) Russian KBS (AHAP) https://youtu.be/iEYotzKVb20

Tuesday, May 19, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM 1) 12 Lunges (6/side) 2) 8 Plank burpees 3) 4 Yoga push-ups https://youtu.be/vNKJfbDc1LY	9:00 EMOM 1) 12 Lunges (6/side) 2) 8 Plank burpees 3) 4 Yoga push-ups https://youtu.be/vNKJfbDc1LY	9:00 EMOM 1) 12 Lunges (6/side) 2) 8 Plank burpees 3) 4 Yoga push-ups https://youtu.be/vNKJfbDc1LY
Strength	6x8 Single leg squat (8/side) https://youtu.be/iOtl2AgnPc	6x6 Goblet squat (pause at the bottom) https://youtu.be/3XMRHCi4K2l	6x3 Front squat (build) https://youtu.be/f3j4N6UbaU
WOD	For Time: 150 Sit-ups *Every 15 reps do 4 lunges (2/leg) https://youtu.be/nB9OOpV1wn4	For Time: 75 DB/KB hang snatches *Every 5 reps switch hands and do 2 front squats https://youtu.be/WRNLBo7QWB4	For Time: 75 Hang snatches (75/55) *Every time the barbell touches the ground do 5 front squats https://youtu.be/_P1b1f1s-zs

Wednesday, May 20, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 7 Front squats (PVC, pause at the bottom) 7 Floor press (PVC, tension on bar) 7 Good morning (PVC) https://youtu.be/g1SdXRUAZA0	5 Rounds: 7 Front squats (PVC, pause at the bottom) 7 Floor press (PVC, tension on bar) 7 Good morning (PVC) https://youtu.be/g1SdXRUAZA0	5 Rounds: 7 Front squats (PVC, pause at the bottom) 7 Floor press (PVC, tension on bar) 7 Good morning (PVC) https://youtu.be/g1SdXRUAZA0

Strength	<p>Tabata x 3</p> <p>Pause mountain climbers (switch legs each rest period)</p> <p>1:00 REST</p> <p>Hollow rocks</p> <p>1:00 REST</p> <p>Reverse plank</p> <p>https://youtu.be/B4LF0y_P4iY</p>	<p>Tabata x 3</p> <p>Pause mountain climbers (switch legs each rest period)</p> <p>1:00 REST</p> <p>Hollow rocks</p> <p>1:00 REST</p> <p>Reverse plank</p> <p>https://youtu.be/B4LF0y_P4iY</p>	<p>Tabata x 3</p> <p>Pause mountain climbers (switch legs each rest period)</p> <p>1:00 REST</p> <p>Hollow rocks</p> <p>1:00 REST</p> <p>Reverse plank</p> <p>https://youtu.be/B4LF0y_P4iY</p>
WOD	<p>30 RFT:</p> <p>YGIG by round w/ a partner</p> <p>5 Plank burpees</p> <p>3 Push-ups (RX+ = HSPU)</p> <p>1 - 50m Sprint</p> <p>https://youtu.be/vWee-QUBXMY</p>	<p>30 RFT:</p> <p>YGIG by round w/ a partner</p> <p>5 Thrusters (1 DB, 2 hands)</p> <p>3 Push-ups (RX+ = HSPU)</p> <p>1 DB power clean (1/side)</p> <p>https://youtu.be/v1t3TUpiS6U</p>	<p>30 RFT:</p> <p>YGIG by round w/ a partner</p> <p>5 Wall balls (20/14)</p> <p>3 Push-ups (RX+ = HSPU)</p> <p>1 Power clean (185/125)</p> <p>https://youtu.be/lzpz4ld0qXc</p>

Thursday, May 21, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	<p>2 Rounds:</p> <p>Easy 200m run/250m row/500m bike</p> <p>10 Alternating straddle reach</p> <p>Easy 200m run/250m row/500m bike</p> <p>10 Slow pause air squats</p> <p>https://youtu.be/SilfKeyrVgA</p>	<p>2 Rounds:</p> <p>Easy 200m run/250m row/500m bike</p> <p>10 Alternating straddle reach</p> <p>Easy 200m run/250m row/500m bike</p> <p>10 Slow pause air squats</p> <p>https://youtu.be/SilfKeyrVgA</p>	<p>2 Rounds:</p> <p>Easy 200m run/250m row/500m bike</p> <p>10 Alternating straddle reach</p> <p>Easy 200m run/250m row/500m bike</p> <p>10 Slow pause air squats</p> <p>https://youtu.be/SilfKeyrVgA</p>
Strength	<p>For Time:</p> <p>Run 400m/row 500m/bike 1000m</p> <p>REST 1:00</p> <p>Run 200m/row 250m/bike 500m</p> <p>REST 1:00</p> <p>Run 400m/row 500m/bike 1000m</p> <p>REST 1:00</p> <p>Run 200m/row 250m/bike 500m</p> <p>REST 1:00</p> <p>Run 400m/row 500m/bike 1000m</p> <p>Time Cap: 15:00</p>	<p>For Time:</p> <p>Run 400m/row 500m/bike 1000m</p> <p>REST 1:00</p> <p>Run 200m/row 250m/bike 500m</p> <p>REST 1:00</p> <p>Run 400m/row 500m/bike 1000m</p> <p>REST 1:00</p> <p>Run 200m/row 250m/bike 500m</p> <p>REST 1:00</p> <p>Run 400m/row 500m/bike 1000m</p> <p>Time Cap: 15:00</p>	<p>For Time:</p> <p>Run 400m/row 500m/bike 1000m</p> <p>REST 1:00</p> <p>Run 200m/row 250m/bike 500m</p> <p>REST 1:00</p> <p>Run 400m/row 500m/bike 1000m</p> <p>REST 1:00</p> <p>Run 200m/row 250m/bike 500m</p> <p>REST 1:00</p> <p>Run 400m/row 500m/bike 1000m</p> <p>Time Cap: 15:00</p>
WOD	<p>5 RFT:</p> <p>21 Air squats</p> <p>14 Hollow leg raises</p> <p>14 Bird dogs (7/side)</p> <p>https://youtu.be/2D0sJIRjRlo</p>	<p>5 RFT:</p> <p>14 DB/KB goblet squats</p> <p>14 Hollow leg raises</p> <p>14 DB/KB deadlifts</p> <p>https://youtu.be/HLh0ja5fWk</p>	<p>5 RFT:</p> <p>8 Back squats (135/85)</p> <p>15/10 Cal row</p> <p>https://youtu.be/q2Wcw-x03QQ</p>

Friday, May 22, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	<p>12:00 EMOM</p> <p>1) 5 Pike push-ups</p> <p>2) 10 Weighted good mornings</p> <p>3) 10 Tuck jumps</p> <p>4) 10 Cossack squats (5/side)</p> <p>https://youtu.be/ACao9GDFBp0</p>	<p>12:00 EMOM</p> <p>1) 5 Pike push-ups</p> <p>2) 10 Weighted good mornings</p> <p>3) 10 Tuck jumps</p> <p>4) 10 Cossack squats (5/side)</p> <p>https://youtu.be/ACao9GDFBp0</p>	<p>12:00 EMOM</p> <p>1) 5 Pike push-ups</p> <p>2) 10 Weighted good mornings</p> <p>3) 10 Tuck jumps</p> <p>4) 10 Cossack squats (5/side)</p> <p>https://youtu.be/ACao9GDFBp0</p>
Strength	<p>6x5</p> <p>Couch HSPU</p> <p>https://youtu.be/s3UrsfVwDxQ</p>	<p>6x3</p> <p>Z-press (3/side)</p> <p>https://youtu.be/A0leUrBX51Y</p>	<p>6x3</p> <p>Strict press (build with good form)</p> <p>https://youtu.be/PnF4_L3Uvgg</p>
WOD	<p>20:00 AMRAP</p> <p>YGIG by round w/ a partner</p> <p>10 Alternating single leg good mornings (5/side)</p> <p>6 Jumping air squats</p> <p>3 Push-ups</p> <p>https://youtu.be/PN3vMOsgHb4</p>	<p>20:00 AMRAP</p> <p>YGIG by round w/ a partner</p> <p>10 KB push press (5/side)</p> <p>6 KBS</p> <p>3 Object jump overs (try to get to at least 20" high)</p> <p>https://youtu.be/STXE2J6oqcA</p>	<p>20:00 AMRAP</p> <p>YGIG by round w/ a partner</p> <p>9 Push press (95/65)</p> <p>6 KBS</p> <p>3 Box jump overs (24/20)</p> <p>https://youtu.be/C_lgR9BmiNM</p>

Saturday, May 23, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	<p>3 Rounds:</p> <p>5 Inch worms</p> <p>10 Sit ups</p> <p>15 Air squats</p> <p>20 Book toe taps (10/side)</p> <p>https://youtu.be/pgaGX71VthY</p>	<p>3 Rounds:</p> <p>5 Inch worms</p> <p>10 Sit ups</p> <p>15 Air squats</p> <p>20 Book toe taps (10/side)</p> <p>https://youtu.be/pgaGX71VthY</p>	<p>3 Rounds:</p> <p>5 Inch worms</p> <p>10 Sit ups</p> <p>15 Air squats</p> <p>20 Book toe taps (10/side)</p> <p>https://youtu.be/pgaGX71VthY</p>
Strength	<p>Tabata x 2</p> <p>Plank shoulder taps</p> <p>1:00 rest</p> <p>Stair taps</p> <p>https://youtu.be/xZw6m08JBi4</p>	<p>Tabata x 2</p> <p>Plank shoulder taps</p> <p>1:00 rest</p> <p>Stair taps</p> <p>https://youtu.be/xZw6m08JBi4</p>	<p>Tabata x 2</p> <p>Plank shoulder taps</p> <p>1:00 rest</p> <p>Stair taps</p> <p>https://youtu.be/xZw6m08JBi4</p>
WOD	<p>For Time:</p> <p>11!</p> <p>Burpees</p> <p>Sit-ups</p>	<p>For Time:</p> <p>11!</p> <p>Burpees</p> <p>Sit-ups</p>	<p>For Time:</p> <p>11!</p> <p>Burpees</p> <p>Sit-ups</p>
	*After burpees run up the stairs. You may not skip a step.	*After burpees run up the stairs. You may not skip a step.	*After burpees run up the stairs. You may not skip a step.

	*After sit ups run back downstairs. You may not skip a step. *May scale to 8 step jumps or 5 step ups (5/side) in place of running up and down the stairs. https://youtu.be/98CKFqIWq5g	*After sit ups run back downstairs. You may not skip a step. *May scale to 8 step jumps or 5 step ups (5/side) in place of running up and down the stairs. https://youtu.be/98CKFqIWq5g	*After sit ups run back downstairs. You may not skip a step. *May scale to 8 step jumps or 5 step ups (5/side) in place of running up and down the stairs. https://youtu.be/98CKFqIWq5g
Monday, May 25, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 200m Jog 10 Cobra extensions 10 Rotational death march steps (5/side) 10 Air squats https://youtu.be/24UtxQermG0	3 Rounds: 200m Jog 10 Cobra extensions 10 Rotational death march steps (5/side) 10 Air squats https://youtu.be/24UtxQermG0	3 Rounds: 200m Jog 10 Cobra extensions 10 Rotational death march steps (5/side) 10 Air squats https://youtu.be/24UtxQermG0
Strength	No strength today	No strength today	No strength today
WOD	4 RFT: 800m Run 49 Push-ups 49 Sit-ups 49 Squats --- OR --- 14 RFT: 200m Run 14 Push-ups 14 Sit-ups 14 Sir squats - CASH OUT - 400m Run https://youtu.be/dLMfj5kHkYI	4 RFT: 800m Run 49 Push-ups 49 Sit-ups 49 Squats --- OR --- 14 RFT: 200m Run 14 Push-ups 14 Sit-ups 14 Sir squats - CASH OUT - 400m Run https://youtu.be/dLMfj5kHkYI	4 RFT: 800m Run 49 Push-ups 49 Sit-ups 49 Squats --- OR --- 14 RFT: 200m Run 14 Push-ups 14 Sit-ups 14 Sir squats - CASH OUT - 400m Run https://youtu.be/dLMfj5kHkYI
Tuesday, May 26, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: (Moving slow and steady) 5 Horizontal pulls 4 Jumping lunges (2/side) 3 Push-ups https://youtu.be/IsAco8Af1aU	5 Rounds: (Moving slow and steady) 5 Horizontal pulls 4 Jumping lunges (2/side) 3 Push-ups https://youtu.be/IsAco8Af1aU	5 Rounds: (Moving slow and steady) 5 Horizontal pulls 4 Jumping lunges (2/side) 3 Push-ups https://youtu.be/IsAco8Af1aU
Strength	E2MOM x 5 5 Supinated bedsheet rows 5 Bedsheet tricep presses https://youtu.be/wc16zqXN8dw	E2MOM x 5 5 KB Pendlay rows (5/side) 5 DB curl + press (1 DB, 2 hands) https://youtu.be/jd1usNvOGTM	E2MOM x 5 5 Chin-ups (weighted if possible) 5 Barbell curl + press (supinated) https://youtu.be/13J-O2-rAtQ
WOD	10 RFT: 8 Jumping bedsheet rows 8 Object facing plank burpees REST 1:00 https://youtu.be/tu76_RWAXzI	10 RFT: 8 Alternating DB power cleans (4/side) 8 DB facing plank burpees REST 1:00 https://youtu.be/4pVgpAlf0uQ	10 RFT: 8 Box jumps (30/24) 4 Power cleans (135/85) REST 1:00 https://youtu.be/yj-WFmBTvJI
Wednesday, May 27, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM 1) Child's pose (:20 middle, :20 right, :20 left) 2) :30 Mountain climbers 3) 5 Yoga push-ups + pause in down dog https://youtu.be/LCQOsj0_5Fo	9:00 EMOM 1) Child's pose (:20 middle, :20 right, :20 left) 2) :30 Mountain climbers 3) 5 Yoga push-ups + pause in down dog https://youtu.be/LCQOsj0_5Fo	9:00 EMOM 1) Child's pose (:20 middle, :20 right, :20 left) 2) :30 Mountain climbers 3) 5 Yoga push-ups + pause in down dog https://youtu.be/LCQOsj0_5Fo
Strength	16:00 EMOM 1) :30 Hollow rocks 2) :30 Right side plank 3) :30 Superman rocks 4) :30 Left side plank https://youtu.be/RYoN7lgc1XM	16:00 EMOM 1) :30 Hollow rocks 2) :30 Right side plank 3) :30 Superman rocks 4) :30 Left side plank https://youtu.be/RYoN7lgc1XM	16:00 EMOM 1) :30 Hollow rocks 2) :30 Right side plank 3) :30 Superman rocks 4) :30 Left side plank https://youtu.be/RYoN7lgc1XM
WOD	12:00 AMRAP 3 Bedsheet GI Jane's 5 Push-ups 7 Jumping air squats https://youtu.be/O0X_LqXb-Y4	12:00 AMRAP 3 DB hang clean + push press (3/side) 5 HSPU 7 DB goblet squats https://youtu.be/LaqbCh6-urk	12:00 AMRAP 3 BMUs -OR- 3 strict GI Jane's 5 HSPU 7 OHS (45/35) https://youtu.be/2OU8MXocmN0
Thursday, May 28, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 20 Butt kickers (10/side) 20 High knees (10/side) 10 Hollow rocks 10 PVC good mornings Max effort row hold https://youtu.be/HP11yQXA6Is	3 Rounds: 20 Butt kickers (10/side) 20 High knees (10/side) 10 Hollow rocks 10 PVC good mornings Max effort row hold https://youtu.be/HP11yQXA6Is	3 Rounds: 20 Butt kickers (10/side) 20 High knees (10/side) 10 Hollow rocks 10 PVC good mornings Max effort row hold https://youtu.be/HP11yQXA6Is

Strength	No strength today	No strength today	No strength today
WOD	30:00 AMRAP YGIG by round w/ partner 200m Run 6 Bedsheet rows 12 Couch glute bridges https://youtu.be/va5D9j7OgKk	30:00 AMRAP YGIG by round w/ partner 200m Run 6 DB/KB rows (6/side) 12 Russian KBS https://youtu.be/FiIS3uMjlyM	30:00 AMRAP YGIG by round w/ partner 200m Run 6 Pull-ups 12 Russian KBS https://youtu.be/v1apRX_p_0

Friday, May 29, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 EMOM 1) 10 Good mornings (PVC) 2) 10 OHS (PVC) https://youtu.be/qUL4BVAP8D8	6:00 EMOM 1) 10 Good mornings (PVC) 2) 10 OHS (PVC) https://youtu.be/qUL4BVAP8D8	6:00 EMOM 1) 10 Good mornings (PVC) 2) 10 OHS (PVC) https://youtu.be/qUL4BVAP8D8
Strength	15:00 EMOM 1) 5 Cross-body single leg good mornings (5/side) + high knee 2) 5 Single leg push-ups (5/side) 3) 10 Frog pumps + pause https://youtu.be/EoB5IuvDiDc	15:00 EMOM 1) 5 Cross-body single leg good mornings (5/side) + high knee 2) 5 Single leg push-ups (5/side) 3) 10 Frog pumps + pause https://youtu.be/LQq-kmRDT0Y	15:00 EMOM 1) 5 Cross-body single leg good mornings (5/side) + high knee 2) 5 Single leg push-ups (5/side) 3) 10 Frog pumps + pause https://youtu.be/LQq-kmRDT0Y
WOD	For Time: 30-25-20-15-10 Couch glute bridge Air squats 15-12-9-6-3 Push-ups https://youtu.be/ggZHgh2UWYw	For Time: 10-8-6-4-2 KB deadlift KB front squat KB push press *All reps on each side https://youtu.be/fY1tW48M8Q	For Time: 10-8-6-4-2 Deadlift (135/85) Front squat (135/85) Push press (135/85) https://youtu.be/xdkGqpo9lWw

Saturday, May 30, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 AMRAP 5 Plank burpees 6 Samson stretches (3/side) 7 Air squats 8 Cossack squats (4/side) https://youtu.be/OnPLmTaOlm4	6:00 AMRAP 5 Plank burpees 6 Samson stretches (3/side) 7 Air squats 8 Cossack squats (4/side) https://youtu.be/OnPLmTaOlm4	6:00 AMRAP 5 Plank burpees 6 Samson stretches (3/side) 7 Air squats 8 Cossack squats (4/side) https://youtu.be/OnPLmTaOlm4
Strength	Turkish Get-Up E2MOM X 5 1 TGU/arm Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32BdoLv_hRA	Turkish Get-Up E2MOM X 5 1 TGU/arm Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32BdoLv_hRA	Turkish Get-Up E2MOM X 5 1 TGU/arm Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32BdoLv_hRA
WOD	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow squats *EMOM (Starting at 0:00) 1 Turkish Get-Up (switch arms every minute) *15:00 Time Cap https://youtu.be/3QBqym1EcsU	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow squats *EMOM (Starting at 0:00) 1 Turkish Get-Up (switch arms every minute) *15:00 Time Cap https://youtu.be/3QBqym1EcsU	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow squats *EMOM (Starting at 0:00) 1 Turkish Get-Up (switch arms every minute) *15:00 Time Cap https://youtu.be/3QBqym1EcsU

Monday, June 1, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 4 Split squats (4/side) 6 Supinated passthroughs 8 Hollow rocks https://youtu.be/OZIE0lay31A	5 Rounds: 4 Split squats (4/side) 6 Supinated passthroughs 8 Hollow rocks https://youtu.be/OZIE0lay31A	5 Rounds: 4 Split squats (4/side) 6 Supinated passthroughs 8 Hollow rocks https://youtu.be/OZIE0lay31A
Strength	10x2 Turkish Get-Ups (any object/weight, 2/side) REST 1:00 https://youtu.be/vyHEi8ScSkk	10x2 Turkish Get-Ups (any object/weight, 2/side) REST 1:00 https://youtu.be/vyHEi8ScSkk	10x2 Turkish Get-Ups (any object/weight, 2/side) REST 1:00 https://youtu.be/vyHEi8ScSkk
WOD	For Time: 45-30-15 Sit-ups Overhead lunges 200m Run after each round https://youtu.be/k8t5lptmHug	For Time: 30-20-10 Weighted sit-ups Overhead DB/KB lunges (split reps/side) 200m Run after each round https://youtu.be/XT7RykJUc-l	For Time: 21-15-9 T2B Overhead lunges (95/65) 200m Run after each round https://youtu.be/MiaFj9GBo8
Tuesday, June 2, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM 1) 10 Cossack squats 2) 10 Horizontal pulls 3) 10 Cobra extensions https://youtu.be/Defm7xEoc5U	9:00 EMOM 1) 10 Cossack squats 2) 10 Horizontal pulls 3) 10 Cobra extensions https://youtu.be/Defm7xEoc5U	9:00 EMOM 1) 10 Cossack squats 2) 10 Horizontal pulls 3) 10 Cobra extensions https://youtu.be/Defm7xEoc5U
Strength	E3MOM x 5 20 Perfect air squats https://youtu.be/mn_Nzd-L1Mo	E3MOM x 5 12 Pause goblet squats (.03 pause in the bottom of each rep) https://youtu.be/mn_Nzd-L1Mo	E3MOM x 5 6 Back squats (build) https://youtu.be/mn_Nzd-L1Mo
WOD	For Time: 5-4-3-2-1 Single arm bedsheet row Lungesters Single leg glute bridge *All reps each side https://youtu.be/7IVHRnZ-bbY	For Time: 5-4-3-2-1 Stagger stance KB row (elbow on knee) Single leg goblet squat (to an object) Single arm KB deadlift (narrow stance) *All reps each side https://youtu.be/6Vx1tmXuJi8	For Time: 5-4-3-2-1 C2B chin-ups Landmine goblet squats (90/70) Single-arm landmine deadlifts (90/70) *All reps each side https://youtu.be/gPxq85dBJoY
Wednesday, June 3, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 AMRAP (Moving slow and steady) 10 Kick-throughs 5 Right side plank reach 5 Left side plank reach 10 Jumping air squats - THEN - :30 Bonesaw right calf :30 Bonesaw left calf https://youtu.be/1H3psWrHPuw	6:00 AMRAP (Moving slow and steady) 10 Kick-throughs 5 Right side plank reach 5 Left side plank reach 10 Jumping air squats - THEN - :30 Bonesaw right calf :30 Bonesaw left calf https://youtu.be/1H3psWrHPuw	6:00 AMRAP (Moving slow and steady) 10 Kick-throughs 5 Right side plank reach 5 Left side plank reach 10 Jumping air squats - THEN - :30 Bonesaw right calf :30 Bonesaw left calf https://youtu.be/1H3psWrHPuw
Strength	3 Rounds: 20 Hollow odd object Russian twists (:01 pause at the bottom of each side, 10/side) 10 Straight arm & leg sit-ups + toe touch 20 Kneeling odd object rotations (:01 pause at the bottom of each side, 10/side) Rest 1:00 https://youtu.be/4NZvD0imILU	3 Rounds: 20 Hollow odd object Russian twists (:01 pause at the bottom of each side, 10/side) 10 Straight arm & leg sit-ups + toe touch 20 Kneeling odd object rotations (:01 pause at the bottom of each side, 10/side) Rest 1:00 https://youtu.be/bzmOBOIqr88	3 Rounds: 20 Hollow odd object Russian twists (:01 pause at the bottom of each side, 10/side) 10 Straight arm & leg sit-ups + toe touch 20 Kneeling odd object rotations (:01 pause at the bottom of each side, 10/side) Rest 1:00 https://youtu.be/7z_TlqhVmFw
WOD	11:00 AMRAP 20 Cossack squats 35 Odd object lateral jump overs https://youtu.be/1XziEC7sLaE	11:00 AMRAP 10 DB/KB thrusters 35 DB/KB lateral jump-overs https://youtu.be/OLvcqucdU1w	11:00 AMRAP 10 Wall balls (20/14) 35 DUs https://youtu.be/M8yuFOLCswl
Thursday, June 4, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	2 Rounds: 200m Run 10 Death march floor sweeps 10 Skipping high knees 3 Pump stretch https://youtu.be/icvCcRC4m68	2 Rounds: 200m Run 10 Death march floor sweeps 10 Skipping high knees 3 Pump stretch https://youtu.be/icvCcRC4m68	2 Rounds: 200m Run 10 Death march floor sweeps 10 Skipping high knees 3 Pump stretch https://youtu.be/icvCcRC4m68
Strength	E3MOM x 3 10 Pause squats w/ single leg extension (5/side) https://youtu.be/M3RWQc3IMAg	E3MOM x 3 10 Pause squats w/ single leg extension (5/side) https://youtu.be/M3RWQc3IMAg	E3MOM x 3 10 Pause squats w/ single leg extension (5/side) https://youtu.be/M3RWQc3IMAg
WOD	5 RFT: 400m Run 10 Knee jumps https://youtu.be/R39VIWTEic	5 RFT: 400m Run 20 Alternating DB snatches https://youtu.be/8Q3ijJn4YA	5 RFT: 400m Run 15 Power snatches (75/55) https://youtu.be/T5EDC4vbQ6Q

Friday, June 5, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	8:00 EMOM 1) 10 Easy push-ups 2) 10 Behind the neck presses 3) 10 Muscle cleans 4) 10 Lunges https://youtu.be/wL-xCISg7Mw	8:00 EMOM 1) 10 Easy push-ups 2) 10 Behind the neck presses 3) 10 Muscle cleans 4) 10 Lunges https://youtu.be/wL-xCISg7Mw	8:00 EMOM 1) 10 Easy push-ups 2) 10 Behind the neck presses 3) 10 Muscle cleans 4) 10 Lunges https://youtu.be/wL-xCISg7Mw
Strength	E3MOM x 5 8 Perfect hand release push-ups https://youtu.be/nkx3Ap8vE0o	E3MOM x 5 6 Pause floor press (:01 pause w/ tricep on floor, 5/side) https://youtu.be/rvi-YnecyE8	E3MOM x 5 6 pause bench press (:01 pause on chest, build) https://youtu.be/PetiOwEndEo
WOD	18:00 AMRAP YGIG by round w/ partner 3 Push-ups 6 Alternating single leg squats (3/side) 9 Bedsheet rows https://youtu.be/8iwW-Kd1fCw	18:00 AMRAP YGIG by round w/ partner 3 DB/KB push press (3/side) 10 Goblet lunges (5/side) 3 Power cleans (3/side) https://youtu.be/Jca93Hnhm4c	18:00 AMRAP YGIG by round w/ partner 3 Strict press (95/65) 6 Front squat (95/65) 9 Power clean (95/65) https://youtu.be/vbf31mfiz9o
Saturday, June 6, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	2 Rounds: 200m Run 10 Burpees 10 Air squats -THEN- 2 Rounds: 6 Death march steps 6 Long lunges 6 Jumping air squats https://youtu.be/BA1JheOZ8iY	2 Rounds: 200m Run 10 Burpees 10 Air squats -THEN- 2 Rounds: 6 Death march steps 6 Long lunges 6 Jumping air squats https://youtu.be/BA1JheOZ8iY	2 Rounds: 200m Run 10 Burpees 10 Air squats -THEN- 2 Rounds: 6 Death march steps 6 Long lunges 6 Jumping air squats https://youtu.be/BA1JheOZ8iY
Strength	Every 1:30 x 5 Slowest push-up possible *Be close to failure every time. *Find failure at least once. *Have to be moving in your push up the whole time https://youtu.be/TWJbABNLBFY	Every 1:30 x 5 Slowest push-up possible *Be close to failure every time. *Find failure at least once. *Have to be moving in your push up the whole time https://youtu.be/TWJbABNLBFY	Every 1:30 x 5 Slowest push-up possible *Be close to failure every time. *Find failure at least once. *Have to be moving in your push up the whole time https://youtu.be/TWJbABNLBFY
WOD	Every 1:30 x 10 10 Jumping air squats 100m Sprint https://youtu.be/BNiKaP-ZIa0	Every 1:30 x 10 10 Jumping air squats 100m Sprint https://youtu.be/BNiKaP-ZIa0	Every 1:30 x 10 10 Jumping air squats 100m Sprint https://youtu.be/BNiKaP-ZIa0
Monday, June 8, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Heel touch downs (10/side) 10 Calf raises 10 Plank toe drags https://youtu.be/Zfatptl728l	3 Rounds: 10 Heel touch downs (10/side) 10 Calf raises 10 Plank toe drags https://youtu.be/Zfatptl728l	3 Rounds: 10 Heel touch downs (10/side) 10 Calf raises 10 Plank toe drags https://youtu.be/Zfatptl728l
Strength	E3MOM x 5 Max effort unbroken dips https://youtu.be/XGfwYoGzQWE	E3MOM x 5 Max effort unbroken dips https://youtu.be/XGfwYoGzQWE	E3MOM x 5 Max effort unbroken dips https://youtu.be/XGfwYoGzQWE
WOD	10:00 AMRAP (With a partner) Max quick feet *Partner does 24 walking lunges (12 out/12 back). When partner returns, switch and continue the count. https://youtu.be/6dwrURNsGM4	10:00 AMRAP (With a partner) Max quick feet *Partner does 24 walking lunges (12 out/12 back). When partner returns, switch and continue the count. https://youtu.be/6dwrURNsGM4	10:00 AMRAP (With a partner) Max DUs *Partner does 24 walking lunges (12 out/12 back). When partner returns, switch and continue the count. https://youtu.be/6dwrURNsGM4
Tuesday, June 9, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 EMOM 4 Supinated rows 10 Good mornings 4 Sliding Cossack squats https://youtu.be/gzKGS0HsJxo	6:00 EMOM 4 Supinated rows 10 Good mornings 4 Sliding Cossack squats https://youtu.be/gzKGS0HsJxo	6:00 EMOM 4 Supinated rows 10 Good mornings 4 Sliding Cossack squats https://youtu.be/gzKGS0HsJxo
Strength	10:00 EMOM 5 Chin-ups (:01 pause above bar) - OR - 5 Supinated ring rows (:01 pause at chest) https://youtu.be/lqAP0XNw24g	10:00 EMOM 5 Chin-ups (:01 pause above bar) - OR - 5 Supinated ring rows (:01 pause at chest) https://youtu.be/lqAP0XNw24g	10:00 EMOM 5 Chin-ups (:01 pause above bar) - OR - 5 Supinated ring rows (:01 pause at chest) https://youtu.be/lqAP0XNw24g
WOD	12:00 AMRAP 10 Bird dogs (5/side) 10 Jumping gorilla squats 10 Alternating crab walk toe-touches (5/side) 10 Froggers	12:00 AMRAP 10 Bird dogs (5/side) 10 Jumping gorilla squats 10 Alternating crab walk toe-touches (5/side) 10 Froggers	12:00 AMRAP 10 Bird dogs (5/side) 10 Jumping gorilla squats 10 Alternating crab walk toe-touches (5/side) 10 Froggers

	https://youtu.be/kGmYHgzpMU	https://youtu.be/kGmYHgzpMU	https://youtu.be/kGmYHgzpMU
Wednesday, June 10, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 20 Quick feet 10 Shoulder taps 5 Air squats https://youtu.be/NR0L3Wldweo	5 Rounds: 20 Quick feet 10 Shoulder taps 5 Air squats https://youtu.be/NR0L3Wldweo	5 Rounds: 20 Quick feet 10 Shoulder taps 5 Air squats https://youtu.be/NR0L3Wldweo
Strength	9:00 EMOM 1) Right arm high plank 2) Left arm high plank 3) 10 Alternating standing rotational crunches (5/side) https://youtu.be/YExjrl-igI0	9:00 EMOM 1) Right arm high plank 2) Left arm high plank 3) 10 Alternating standing rotational crunches (5/side) https://youtu.be/YExjrl-igI0	9:00 EMOM 1) Right arm high plank 2) Left arm high plank 3) 10 Alternating standing rotational crunches (5/side) https://youtu.be/YExjrl-igI0
WOD	For Time: 1 Round: 30 Forward lunges 30 Sit-ups 30 Lateral hop-overs (any object ~12" high) --- THEN --- 3 Rounds: 10 Forward lunges 10 Sit-ups 10 Lateral hop-overs --- THEN --- 5 Rounds: 6 Forward lunges 6 Sit-ups 6 Lateral hop-overs https://youtu.be/EqGllonlw	For Time: 1 Round: 30 Forward lunges 30 Sit-ups 30 Lateral hop-overs (any object ~12" high) --- THEN --- 3 Rounds: 10 Forward lunges 10 Sit-ups 10 Lateral hop-overs --- THEN --- 5 Rounds: 6 Forward lunges 6 Sit-ups 6 Lateral hop-overs https://youtu.be/EqGllonlw	For Time: 1 Round: 30 Forward lunges 30 Sit-ups 30 Lateral hop-overs (any object ~12" high) --- THEN --- 3 Rounds: 10 Forward lunges 10 Sit-ups 10 Lateral hop-overs --- THEN --- 5 Rounds: 6 Forward lunges 6 Sit-ups 6 Lateral hop-overs https://youtu.be/EqGllonlw
Thursday, June 11, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	400m Jog - THEN - 5:00 AMRAP 10 Russian lunges 10 Toy soldier steps 3 Strict pull-ups 5 Push-ups https://youtu.be/6v1Y0AxNDY	400m Jog - THEN - 5:00 AMRAP 10 Russian lunges 10 Toy soldier steps 3 Strict pull-ups 5 Push-ups https://youtu.be/6v1Y0AxNDY	400m Jog - THEN - 5:00 AMRAP 10 Russian lunges 10 Toy soldier steps 3 Strict pull-ups 5 Push-ups https://youtu.be/6v1Y0AxNDY
Strength	Run 4x400m/row 4x500m/bike 4x1000m Rest 2:00 between sets	Run 4x400m/row 4x500m/bike 4x1000m Rest 2:00 between sets	Run 4x400m/row 4x500m/bike 4x1000m Rest 2:00 between sets
WOD	10:00 AMRAP 5 Towel rows or pull-ups 10 Push-ups 15 Air squats https://youtu.be/tvGs7z44JR8	10:00 AMRAP 5 Towel rows or pull-ups 10 Push-ups 15 Air squats https://youtu.be/tvGs7z44JR8	10:00 AMRAP 5 Towel rows or pull-ups 10 Push-ups 15 Air squats https://youtu.be/tvGs7z44JR8
Friday, June 12, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Hollow rocks 10 Alternating plank leg raises (5/side) 10 Cobra extensions https://youtu.be/r9SpgXR-CMY	3 Rounds: 10 Hollow rocks 10 Alternating plank leg raises (5/side) 10 Cobra extensions https://youtu.be/r9SpgXR-CMY	3 Rounds: 10 Hollow rocks 10 Alternating plank leg raises (5/side) 10 Cobra extensions https://youtu.be/r9SpgXR-CMY
Strength	10:00 EMOM :30 Reverse plank :30 Rest https://youtu.be/U27ndvbMdkG	10:00 EMOM :30 Reverse plank :30 Rest https://youtu.be/U27ndvbMdkG	10:00 EMOM :30 Reverse plank :30 Rest https://youtu.be/U27ndvbMdkG
WOD	EMOM for as long as possible (death by plank burpees): 1) 1 Plank burpee 2) 2 Plank burpees 3) 3 Plank burpees ETC...until you can't finish reps in the minute *RX+ = plank box facing burpee box overs at 24/20 https://youtu.be/pg0DLNwlusQ	EMOM for as long as possible (death by plank burpees): 1) 1 Plank burpee 2) 2 Plank burpees 3) 3 Plank burpees ETC...until you can't finish reps in the minute *RX+ = plank box facing burpee box overs at 24/20 https://youtu.be/pg0DLNwlusQ	EMOM for as long as possible (death by plank burpees): 1) 1 Plank burpee 2) 2 Plank burpees 3) 3 Plank burpees ETC...until you can't finish reps in the minute *RX+ = plank box facing burpee box overs at 24/20 https://youtu.be/pg0DLNwlusQ

Monday, March 23, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	2 Rounds: 20 Mountain climbers 20 Sit-ups 20 Air squats 20 Lunges https://www.youtube.com/watch?v=ONY_ndd9Rlw	2 Rounds: 20 Mountain climbers 20 Sit-ups 20 Air squats 20 Lunges https://www.youtube.com/watch?v=ONY_ndd9Rlw	2 Rounds: 20 Mountain climbers 20 Sit-ups 20 Air squats 20 Lunges https://www.youtube.com/watch?v=ONY_ndd9Rlw
Strength	Split Squat for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps https://youtu.be/DKolaUCSuFw	Split Squat for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps https://youtu.be/DKolaUCSuFw	Split Squat for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps https://youtu.be/DKolaUCSuFw
WOD	3 RFT: 20 Single leg glute bridges (10/leg) 15 Air squats 10 Push-ups 400m Run https://youtu.be/zV2Nu3gYWTw	3 RFT: 15 Russian KBS 10 Push-ups 5 KB goblet squats 400m Run https://youtu.be/zV2Nu3gYWTw	3 RFT: 15 Deadlifts (135/95) 10 Push-ups 5 Front squats (135/95) 400m Run https://youtu.be/zV2Nu3gYWTw
Tuesday, March 24, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Lunges 10 Mountain climbers 10 Push-ups https://youtu.be/LGlsrEgeia8	3 Rounds: 10 Lunges 10 Mountain climbers 10 Push-ups https://youtu.be/LGlsrEgeia8	3 Rounds: 10 Lunges 10 Mountain climbers 10 Push-ups https://youtu.be/LGlsrEgeia8
Strength	Seated Press for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps https://youtu.be/93Nr6KFwFE	Seated Press for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps https://youtu.be/93Nr6KFwFE	Seated Press for load: #1: 5 reps #2: 5 reps #3: 5 reps #4: 5 reps #5: 5 reps https://youtu.be/93Nr6KFwFE
WOD	11:00 AMRAP 200m Run 10 Lying leg raises 20 Alternating single leg floor touches 30 Jumping jacks https://youtu.be/tya4NPq7dMM	11:00 AMRAP 200m Run 10 Weighted sit-ups 20 Alternating DB/KB snatches 30 DB/KB hops https://youtu.be/tya4NPq7dMM	11:00 AMRAP 250m/200m Row 10 T2B 20 Hang power snatches (75/55) 30 DUs https://youtu.be/tya4NPq7dMM
Wednesday, March 25, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	2 Rounds: 30 V-ups 30 Bicycle crunches 30 Crunches https://youtu.be/Ovp6u9FzBRU	2 Rounds: 30 V-ups 30 Bicycle crunches 30 Crunches https://youtu.be/Ovp6u9FzBRU	2 Rounds: 30 V-ups 30 Bicycle crunches 30 Crunches https://youtu.be/Ovp6u9FzBRU
Strength	10:00 EMOM 3 Nordic hamstring curls https://youtu.be/EP9zZwb3Ekw	10:00 EMOM 3 Nordic hamstring curls https://youtu.be/EP9zZwb3Ekw	10:00 EMOM 3 Nordic hamstring curls https://youtu.be/EP9zZwb3Ekw
WOD	10 RFT (each): YGIG by round with a partner 8 Odd object curls 6 Jumping lunges (hands over head) 4 Push-up to alternating shoulder tap https://youtu.be/B2GVITJgCw	10 RFT (each): YGIG by round with a partner 9 KB/DB curls 6 Overhead lunges (alternate arms each round) 3 Press in lunge (3/side, switch legs too) https://youtu.be/B2GVITJgCw	10 RFT (each): YGIG by round with a partner 9 Barbell curls (45/35) 6 Overhead squats (45/35) 3 Press in snatch (45/35) https://youtu.be/B2GVITJgCw
Thursday, March 26, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 5 Sumo floor touches 5 Death march steps/side 5 Air squats https://youtu.be/gGyEWRlqypQ	5 Rounds: 5 Sumo floor touches 5 Death march steps/side 5 Air squats https://youtu.be/gGyEWRlqypQ	5 Rounds: 5 Sumo floor touches 5 Death march steps/side 5 Air squats https://youtu.be/gGyEWRlqypQ
Strength	E2MOM x 9 1) :30 Max effort floor L-sit - middle 2) :30 Max effort floor L-sit - right 3) :30 Max effort floor L-sit - left https://youtu.be/ColShHvkPPY	E2MOM x 9 1) :30 Max effort floor L-sit - middle 2) :30 Max effort floor L-sit - right 3) :30 Max effort floor L-sit - left https://youtu.be/ColShHvkPPY	E2MOM x 9 1) :30 Max effort floor L-sit - middle 2) :30 Max effort floor L-sit - right 3) :30 Max effort floor L-sit - left https://youtu.be/ColShHvkPPY
WOD	For Time: 30-20-10 Plank lat drags Chair dips Jumping air squats https://youtu.be/ryiz1cxDFME	For Time: 30-20-10 Dumbbell rows (half the reps/arm) Dumbbell push press (half the reps/arm) Dumbbell Arnold squat (half the reps/arm) https://youtu.be/ryiz1cxDFME	For Time: 21-15-9 Pull-ups Push-ups Front squats (135/85) https://youtu.be/ryiz1cxDFME
Friday, March 27, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 5 Push-ups After 5th push-up, plank for 1:00 1:00 Rest https://youtu.be/Sh6d4nAIQuI	3 Rounds: 5 Push-ups After 5th push-up, plank for 1:00 1:00 Rest https://youtu.be/Sh6d4nAIQuI	3 Rounds: 5 Push-ups After 5th push-up, plank for 1:00 1:00 Rest https://youtu.be/Sh6d4nAIQuI
Strength	10:00 EMOM 1 Table row + max effort hold (elbows at 90 degrees) https://youtu.be/-LIDVD-oleU	10:00 EMOM 1) 1 Right arm KB row + max effort hold (elbow behind your back) 2) 1 Left arm KB row + max effort hold (elbow behind your back) https://youtu.be/-LIDVD-oleU	10:00 EMOM 1 Pull-up + max effort hold (chin above the bar) https://youtu.be/-LIDVD-oleU

		https://youtu.be/LIDVD-oleU	
WOD	20:00 AMRAP 12 Pike push-ups 9 Couch glute bridges 6 Burpees 1:00 Rest https://youtu.be/kzY6eWtGh8	20:00 AMRAP 12 KB push press (6/side) 9 Weighted couch glute bridge 6 Burpees 1:00 Rest https://youtu.be/kzY6eWtGh8	20:00 AMRAP 12 Shoulder to overhead (95/65) 9 Hang cleans (95/65) 6 Clean & jerks (95/65) 1:00 Rest https://youtu.be/kzY6eWtGh8
Saturday, March 28, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 AMRAP 5 Plank burpees 6 Alternating Samson stretches 7 Air squats 8 Cossack squats https://youtu.be/OnPlmTaOIm4	6:00 AMRAP 5 Plank burpees 6 Alternating Samson stretches 7 Air squats 8 Cossack squats https://youtu.be/OnPlmTaOIm4	6:00 AMRAP 5 Plank burpees 6 Alternating Samson stretches 7 Air squats 8 Cossack squats https://youtu.be/OnPlmTaOIm4
Strength	E2MOM X 5 1 Turkish get-up (TGU)/side Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32BdoLv_hRA	E2MOM X 5 1 Turkish get-up (TGU)/side Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32BdoLv_hRA	E2MOM X 5 1 Turkish get-up (TGU)/side Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32BdoLv_hRA
WOD	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow squats *EMOM (starting at 0:00) 1 TGU (alternate arms/minute) *15:00 Time Cap https://youtu.be/3QBqym1EcsU	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow Squats *EMOM (starting at 0:00) 1 TGU (alternate arms/minute) *15:00 Time Cap https://youtu.be/3QBqym1EcsU	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow Squats *EMOM (starting at 0:00) 1 TGU (alternate arms/minute) *15:00 Time Cap https://youtu.be/3QBqym1EcsU
Monday, March 30, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 4 Push-ups 6 Lunges 8 Sit-ups 10 Squats https://youtu.be/PRO-l-OcFbk	5 Rounds: 4 Push-ups 6 Lunges 8 Sit-ups 10 Squats https://youtu.be/PRO-l-OcFbk	5 Rounds: 4 Push-ups 6 Lunges 8 Sit-ups 10 Squats https://youtu.be/PRO-l-OcFbk
Strength	No strength today	No strength today	No strength today
WOD	10 RFT: 10 Plank burpee step-ups 200m Run https://youtu.be/v-BOqC_QAkA	10 RFT: 10 Plank burpee step-ups 200m Run https://youtu.be/v-BOqC_QAkA	10 RFT: 10 Plank burpee step-ups 200m Run https://youtu.be/v-BOqC_QAkA
Tuesday, March 31, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	4 Rounds: 5 Pike push-ups 10 Alternating single leg squats to bench - THEN - 20 Alternating death march steps (10/side) 20 Alternating knee to chest (10/side) 20 Alternating wide leg overhead reach (10/side) https://www.youtube.com/watch?v=eJL22SVONNA	4 Rounds: 5 Pike push-ups 10 Alternating single leg squats to bench - THEN - 20 Alternating death march steps (10/side) 20 Alternating knee to chest (10/side) 20 Alternating wide leg overhead reach (10/side) https://www.youtube.com/watch?v=eJL22SVONNA	4 Rounds: 5 Pike push-ups 10 Alternating single leg squats to bench - THEN - 20 Alternating death march steps (10/side) 20 Alternating knee to chest (10/side) 20 Alternating wide leg overhead reach (10/side) https://www.youtube.com/watch?v=eJL22SVONNA
Strength	E2MOM x 5 :45 Overhead hollow plank https://www.youtube.com/watch?v=aRLDIpolYYW4	E2MOM x 5 12 Hollow hold pull-overs (DB/KB/plate) https://www.youtube.com/watch?v=Tcc9XwaUibY	E2MOM x 5 12 Hollow hold pull-overs (DB/KB/plate) https://www.youtube.com/watch?v=Tcc9XwaUibY
WOD	7:00 AMRAP Max tuck jump + lateral step over (any object) *EMOM (starting at 0:00) 14 sit-ups https://www.youtube.com/watch?v=zD0RNd7WkM	7:00 AMRAP Max DB/KB hop + lateral step-over (DB/KB) *EMOM (starting at 0:00) 10 weighted sit-ups (DB/KB) https://www.youtube.com/watch?v=Ty629na7y8w	7:00 AMRAP Max box overs (24/20) *EMOM (starting at 0:00) 7 T2B https://www.youtube.com/watch?v=Yq488SLGrA0
Wednesday, April 1, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	10:00 EMOM 5 Burpees (sprint) ***In remaining time each minute*** Odd minutes: relaxed squat hold (use a wall if needed) Even minutes: relaxed forward fold (use a wall if needed) https://youtu.be/P8FvWzO97nk	10:00 EMOM 5 Burpees (sprint) ***In remaining time each minute*** Odd minutes: relaxed squat hold (use a wall if needed) Even minutes: relaxed forward fold (use a wall if needed) https://youtu.be/P8FvWzO97nk	10:00 EMOM 5 Burpees (sprint) ***In remaining time each minute*** Odd minutes: relaxed squat hold (use a wall if needed) Even minutes: relaxed forward fold (use a wall if needed) https://youtu.be/P8FvWzO97nk
Strength	E2MOM x 5 1:00 Chest squeeze (pillows/cushions) 1:00 REST https://youtu.be/CKlQqD7RiBk	E2MOM x 5 1:00 Chest squeeze (medball/pillow/cushions) 1:00 REST https://youtu.be/CKlQqD7RiBk	E2MOM x 5 1:00 Chest squeeze (medball/pillow/cushions) 1:00 REST https://youtu.be/CKlQqD7RiBk
WOD	20:00 AMRAP YGIG by round with a partner 10 Kick-throughs (5/side) 10 Narrow stance air squats (RX+ = pistols, 5/side) 10 Doorway rows https://youtu.be/S18nee3KkUw	20:00 AMRAP YGIG by round with a partner 10 - 1/2 Kneeling DB/KB presses (5/side) 10 Seated DB/KB quad extensions 10 Slagger stance bent over DB/KB row (5/side) https://youtu.be/c4vIkS2tuSQ	20:00 AMRAP YGIG by round with a partner 10 Single arm landmine presses (5/side) 10 Seated DB/KB quad extensions 10 Landmine stagger stance bent over row (5/side) https://youtu.be/PR4_Gtl3pGE
Thursday, April 2, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	10:00 EMOM 10 Air squats 5 KB/DB/odd object row 5 KB/DB/odd object floor press https://www.youtube.com/watch?v=1bqQu6HTK1w	10:00 EMOM 10 Air squats 5 KB/DB/odd object row 5 KB/DB/odd object floor press https://www.youtube.com/watch?v=1bqQu6HTK1w	10:00 EMOM 10 Air squats 5 KB/DB/odd object row 5 KB/DB/odd object floor press https://www.youtube.com/watch?v=1bqQu6HTK1w

Strength	5x5 Bridge walk https://www.youtube.com/watch?v=jXzH79h8Rro	5x5 Stagger stance DB/KB deadlift (5/side) https://www.youtube.com/watch?v=xZQpa6u13ZQ	5x5 Stagger stance deadlift (5/side) *Start at 25% of max deadlift and build slowly https://www.youtube.com/watch?v=IJKaydQAOWI
WOD	For Time: 21-18-15-12-9-6-3 Air squats (palms to floor, hands over head) 42-36-30-24-18-12-6 Quick feet https://www.youtube.com/watch?v=g5zCHU2NYNU	For Time: 21-18-15-12-9-6-3 Dumbbell thrusters (1 DB, 2 hands) 42-36-30-24-18-12-6 Lateral dumbbell hop-overs https://www.youtube.com/watch?v=rpgP72WFpVU	For Time: 21-18-15-12-9-6-3 Thrusters (45/35) 42-36-30-24-18-12-6 DUs https://www.youtube.com/watch?v=EbmYMgmBNuU

Friday, April 3, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Alternating single leg step-ups 4 Squat flow reaches 10 Butt kickers https://youtu.be/ZqOz9ZRteCl	3 Rounds: 10 Alternating single leg step-ups 4 Squat flow reaches 10 Butt kickers https://youtu.be/ZqOz9ZRteCl	3 Rounds: 10 Alternating single leg step-ups 4 Squat flow reaches 10 Butt kickers https://youtu.be/ZqOz9ZRteCl
Strength	E2MOM x 8 1 Supinated broomstick row + 1:00 squeeze https://youtu.be/Ju4NQsEtw2Q	E2MOM x 8 5 Tempo dumbbell rows (:03 up, :03 pause, :03 down, no rest at the bottom) https://youtu.be/vHi5NdDz7Ms	E2MOM x 8 5 Tempo supinated barbell rows (:03 up, :03 pause, :03 down, no rest at the bottom) https://youtu.be/sR8LGRq9bc
WOD	3 RFT: 12 Alternating plank toe touches 21 Couch glute bridges 400m Run/500m row/1k bike/2:00 of single stair step-ups https://youtu.be/p719ekzGY	3 RFT: 12 Alternating DB snatches 21 Russian KBs 400m Run/500m row/1k bike/2:00 of single stair step-ups https://youtu.be/FzKSGvsf4QA	3 RFT: 12 Pull-ups 21 Russian KBs 400m Run/500m row/1k bike/2:00 of single stair step-ups https://youtu.be/Zjz2HGyI8A

Saturday, April 4, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds (6:00 cap): 10 Mountain climbers (right & left = 1) 10 Air squats 5 Shoulder mobilizers https://youtu.be/QIDsWULEY5E	5 Rounds (6:00 cap): 10 Mountain climbers (right & left = 1) 10 Air squats 5 Shoulder mobilizers https://youtu.be/QIDsWULEY5E	5 Rounds (6:00 cap): 10 Mountain climbers (right & left = 1) 10 Air squats 5 Shoulder mobilizers https://youtu.be/QIDsWULEY5E
Strength	No strength today	No strength today	No strength today
WOD	10 Rounds: 1:00 straight arm wall sit hold :30 MAX plank marches 1:00 rest *2:30 running clock for each round *Score is total plank marches RX = arms fully extended straight out in front of you at shoulder height for the whole minute. Changing the weight or not using any weight at all does not scale the workout. https://youtu.be/Awf6EmKQVGM	10 Rounds: 1:00 straight arm wall sit hold :30 MAX plank marches 1:00 rest *2:30 running clock for each round *Score is total plank marches RX = arms fully extended straight out in front of you at shoulder height for the whole minute. Changing the weight or not using any weight at all does not scale the workout. https://youtu.be/Awf6EmKQVGM	10 Rounds: 1:00 straight arm wall sit hold :30 MAX plank marches 1:00 rest *2:30 running clock for each round *Score is total plank marches RX = arms fully extended straight out in front of you at shoulder height for the whole minute. Changing the weight or not using any weight at all does not scale the workout. https://youtu.be/Awf6EmKQVGM

Monday, April 6, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds (quickly): 5 Push-ups 5 Sit-ups 5 Jumping squats https://youtu.be/BN6_JNimZY	5 Rounds (quickly): 5 Push-ups 5 Sit-ups 5 Jumping squats https://youtu.be/BN6_JNimZY	5 Rounds (quickly): 5 Push-ups 5 Sit-ups 5 Jumping squats https://youtu.be/BN6_JNimZY
Strength	E2MOM x 5 5 reps/side Narrow stance squat to pistol hold (:03 hold in the bottom) https://youtu.be/o_vvbxnumY	E2MOM x 5 5 reps/side KB goblet bulgarian split squats (:03 count on the way down) https://youtu.be/Cf3ETRqTxiM	E2MOM x 5 5 reps/side Front rack bulgarian split squats (build) https://youtu.be/pnaXyiwExOQ
WOD	3 RFT: 30 Alternating single leg couch glute bridges 5 Push-up flows 30 Plyo lunges 5 Push-up flows https://youtu.be/BcB5OQRSpJA	3 RFT: 30 Russian KBS 5 Push-ups 10 KB pull-throughs 30 KB goblet squats 5 Push-ups 10 KB pull-throughs https://youtu.be/usoq2yS7dio	3 RFT: 30 Russian KBS 5 Strict pull-ups 10 Push-ups 30 Box-overs 5 Strict pull-ups 10 Push-ups https://youtu.be/rKnuABQfsq0

Tuesday, April 7, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	15-12-9-6-3 Quick feet Sit-ups https://youtu.be/gPofpLpTplo	15-12-9-6-3 Quick feet Sit-ups https://youtu.be/gPofpLpTplo	15-12-9-6-3 Quick feet Sit-ups https://youtu.be/gPofpLpTplo
Strength	10:00 EMOM 5 Knee plank walk-outs https://youtu.be/OUz6ixOeWTU	10:00 EMOM 5 Knee plank walk-outs https://youtu.be/OUz6ixOeWTU	10:00 EMOM 5 Knee barbell rollouts https://youtu.be/Rn9DUz9mwF0
WOD	10-9-8-7-6-5-4-3-2-1 Lungesters *10 V-tuck Russian twists after each set https://youtu.be/Up34VCRHplc	10-9-8-7-6-5-4-3-2-1 Alternating DB clusters (1 DB, 2 hands) *10 DB Viking twists after each set (5/side) https://youtu.be/XDGJGmG_fyc	10-9-8-7-6-5-4-3-2-1 Squat cleans (135/85) *10 Medball Russian twists after each set (5/side) https://youtu.be/AY93-dNZbcg

Wednesday, April 8, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 10 Alternating lunges 5 Burpees https://youtu.be/8R00zelrWD8	5 Rounds: 10 Alternating lunges 5 Burpees https://youtu.be/8R00zelrWD8	5 Rounds: 10 Alternating lunges 5 Burpees https://youtu.be/8R00zelrWD8

Strength	E3MOM x 4 10 Arm-elevated push-ups (5/side) https://youtu.be/YVRG12WceIA	E3MOM x 4 10 KB tempo tricep floor press (5/side) https://youtu.be/n-yJgZuAxA	E3MOM x 4 10 Alternating archer ring push-ups https://youtu.be/10lIvmOwln4
WOD	Flower x 3: Air squats (arms behind head) 1:00 REST Low plank leg raises (Up = switch legs) 1:00 REST Bear crawl to pike (Up = pike, down = bear crawl) https://youtu.be/1ZTeDyhtIk	Flower x 3: DB/KB back squats 1:00 REST Low plank leg raises (Up = switch legs) 1:00 REST DB/KB hollow pull-overs https://youtu.be/lcq3OHVYVkg	Flower x 3: Empty barbell back squats 1:00 REST Box bent knee reverse hypers (up = relax, down = extend) 1:00 REST Hanging L-sit https://youtu.be/B1V3mo1xnLk

Thursday, April 9, 2020			
	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Push-ups 10 Alternating Cossack squats (5/side) 10 Sampson stretch lunges (5/side) https://youtu.be/Qs2UzCGFagA	3 Rounds: 10 Push-ups 10 Alternating Cossack squats (5/side) 10 Sampson stretch lunges (5/side) https://youtu.be/Qs2UzCGFagA	3 Rounds: 10 Push-ups 10 Alternating Cossack squats (5/side) 10 Sampson stretch lunges (5/side) https://youtu.be/Qs2UzCGFagA
Strength	15:00 EMOM 1) 10 Right leg couch glute bridges (hold last rep for remainder of minute) 2) 10 Left leg couch glute bridges (hold last rep for remainder of minute) 3) REST https://youtu.be/mGs6MqrO1U	15:00 EMOM 1) Single leg rotational deadlift (5/side) 2) Single leg DB/KB glute bridge (5/side) 3) REST https://youtu.be/YreNcdHrl7o	15:00 EMOM 1) 5 Deadlift (start at 50% and build) 2) 5 Bench glute bridge (same weight as deadlift) 3) REST https://youtu.be/46k1ah_W6EE
WOD	5 RFT: 200m Run 5 Push-ups 10 Air squats 15 Sit-ups https://youtu.be/lj08cT6XabE	5 RFT: 200m Run 20 Russian KBS 1 DB/KB Turkish get-up/side https://youtu.be/HzPwQ7FU9B4	5 RFT: 200m Run 15 Pull-ups 5 Clean & jerks (135/85) https://youtu.be/mkhOtwV5-2w

Friday, April 10, 2020			
	Bodyweight	Limited Equipment	Home Gym
Warm-up	21-15-9 Chair/pronated barbell rows Chair/box dips Jumping air squats https://youtu.be/1mkuOpgY1s	21-15-9 Chair/pronated barbell rows Chair/box dips Jumping air squats https://youtu.be/1mkuOpgY1s	21-15-9 Chair/pronated barbell rows Chair/box dips Jumping air squats https://youtu.be/1mkuOpgY1s
Strength	10:00 EMOM 1) 5 Bird dogs (5/side) 2) 5 Toe walk body saws https://youtu.be/8Bfzwr15PWU	10:00 EMOM 1) 10 Alternating DB hang muscle snatches (5/side) 2) 10 DB bicep curls (1 DB, 2 hands) https://youtu.be/Wnc85rk0hw	10:00 EMOM 1) 5 Barbell muscle snatches (start at 50% and build) 2) REST https://youtu.be/F_E-8GnW6IA
WOD	For Time: 30-20-10-20-30 Alternating step back deficit lunges (1/2 the reps/side) Alternating pike toe touches (1/2 the reps/side) https://youtu.be/sblOgg_H8vA	For Time: 30-20-10-20-30 Alternating goblet KB lunge (1/2 the reps/side) Alternating single arm KB swings (1/2 the reps/side) https://youtu.be/LaWf_w6lwoA0	For Time: 21-15-9-15-21 Alternating front rack lunges (95/65) (1/2 the reps/side) Calorie row https://youtu.be/X8aOX8GjXwY

Saturday, April 11, 2020			
	Bodyweight	Limited Equipment	Home Gym
Warm-up	4 Rounds (6:00 cap): 5 Burpees 10 Death march steps 15 Jumping air squats https://youtu.be/eALdAAQScYI	4 Rounds (6:00 cap): 5 Burpees 10 Death march steps 15 Jumping air squats https://youtu.be/eALdAAQScYI	4 Rounds (6:00 cap): 5 Burpees 10 Death march steps 15 Jumping air squats https://youtu.be/eALdAAQScYI
Strength	E2MOM x 5 10 Backpack sumo deadlift high pulls https://youtu.be/TQNoXv-b2u0	E2MOM x 5 10 Backpack sumo deadlift high pulls https://youtu.be/TQNoXv-b2u0	E2MOM x 5 10 Backpack sumo deadlift high pulls https://youtu.be/TQNoXv-b2u0
WOD	10 rounds :45 Max Burpees :15 REST Every round after the 1st, subtract 1 rep https://youtu.be/MtGFJFFhw0o	10 rounds :45 Max Burpees :15 REST Every round after the 1st, subtract 1 rep https://youtu.be/MtGFJFFhw0o	10 rounds :45 Max Burpees :15 REST Every round after the 1st, subtract 1 rep https://youtu.be/MtGFJFFhw0o

Monday, April 13, 2020			
	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 10 Quick feet 10 Lunges (5/side) 10 Sit-ups https://youtu.be/Vd-kxWD9jkA	5 Rounds: 10 Quick feet 10 Lunges (5/side) 10 Sit-ups https://youtu.be/Vd-kxWD9jkA	5 Rounds: 10 Quick feet 10 Lunges (5/side) 10 Sit-ups https://youtu.be/Vd-kxWD9jkA
Strength	E3MOM x 3 16 Split squats (8/side) 16 Alternating plank shoulder taps (8/side) https://youtu.be/0_10MFKWUV4	E3MOM x 3 8 Horns-up split squats (4/side) 8 KB windmills (4/side) https://youtu.be/Nek8gNngRUo	E3MOM x 3 8 Overhead squats 8 Back rack lunges (4/side) *Build only with good form https://youtu.be/FwP5yELHzxo
WOD	20:00 EMOM 1 Broad jump + 2 pike push-ups + 3 plank burpees https://youtu.be/xelLMAMm5VE	20:00 EMOM 1) 1 Right arm DB power clean + 2 RA DB strict press + 1 RA DB thruster 2) 1 Left arm DB power clean + 2 LA DB strict press + 1 LA DB thruster https://youtu.be/Z_eolyAQ7W0	20:00 EMOM 1 Power clean 1 Hang power clean 1 Push press 1 Thruster https://youtu.be/IPQn2yowOG0

Tuesday, April 14, 2020			
	Bodyweight	Limited Equipment	Home Gym
Warm-up	10:00 EMOM 3 Burpees 10 Jumping jacks	10:00 EMOM 3 Burpees 10 Jumping jacks	10:00 EMOM 3 Burpees 10 Jumping jacks

	https://youtu.be/bMsh7idNzQ	https://youtu.be/bMsh7idNzQ	https://youtu.be/bMsh7idNzQ
Strength	Every :30 x 20 1) :30 Tempo leg raise 2) :30 Rest	Every :30 x 20 1 Hollow body DB leg raise	Every :30 x 20 1 Dragon flag
	https://youtu.be/qhJ-PhsuI30	https://youtu.be/l7oL0mRy_1M	https://youtu.be/R6ibO2KENIE
WOD	12:00 AMRAP YGIG by movement with a partner 12 Deficit reverse lunges (6/side) 12 Alternating odd object snatches (6/side) 12 Lying leg raises	12:00 AMRAP YGIG by movement with a partner 12 Goblet lunges (6/side) 12 Alternating DB snatches (6/side) 12 DB knee tucks	12:00 AMRAP YGIG by movement with a partner 12 Plate bear lunges (45/25, 6/side) 9 Plate ground to overhead (45/25) 6 T2B
	https://youtu.be/FpJAA_9TVNo	https://youtu.be/JhCq12FHO_A	https://youtu.be/NjDHATbxX7I

Wednesday, April 15, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 AMRAP (consistent movement, not fast) 5 Jumping air squats 5 Sit-ups 10 Lunges 5 Push-ups	6:00 AMRAP (consistent movement, not fast) 5 Jumping air squats 5 Sit-ups 10 Lunges 5 Push-ups	6:00 AMRAP (consistent movement, not fast) 5 Jumping air squats 5 Sit-ups 10 Lunges 5 Push-ups
	https://youtu.be/QMakD2D1Pio	https://youtu.be/QMakD2D1Pio	https://youtu.be/QMakD2D1Pio
Strength	E2MOM x 10 5 Slow push-ups 5 Elevated speed push-ups	E2MOM x 10 5 Palm press (5/side) 5 Slow push-ups	E2MOM x 10 5 Bench press (build) 5 Slow push-ups
	https://youtu.be/JHINO1bE8p4	https://youtu.be/HZ0nNa7rqE	https://youtu.be/KYcsw0-Q508
WOD	For Time: 21-15-9 Knee jumps 7-5-3 Couch dips	For Time: 30-20-10 DB power jumps 12-8-4 Alternating DB clusters (1/2 the reps/side)	For Time: 21-15-9 Box jumps (30/24) 7-5-3 Squat snatch (135/85)
	https://youtu.be/Ol5enGMsocw	https://youtu.be/P9tWl0Thlql	https://youtu.be/bSvkFV2tkQw

Thursday, April 16, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	7:00 AMRAP (consistent movement, not fast) 3 Pump stretch 10 Death march steps 3 Pump stretch	7:00 AMRAP (consistent movement, not fast) 3 Pump stretch 10 Death march steps 3 Pump stretch	7:00 AMRAP (consistent movement, not fast) 3 Pump stretch 10 Death march steps 3 Pump stretch
	https://www.youtube.com/watch?v=TyKdKDOu9QY	https://www.youtube.com/watch?v=TyKdKDOu9QY	https://www.youtube.com/watch?v=TyKdKDOu9QY
Strength	10:00 EMOM 1) 0:00-0:15 Right leg hamstring squeeze + 0:30-0:45 left leg hamstring squeeze 2) 5 Nordic quad extensions	10:00 EMOM 1) 10 Nordic DB curls 2) 5 Nordic quad extensions	10:00 EMOM 1) 5 Nordic hamstring curls 2) 5 Nordic quad extensions
	https://www.youtube.com/watch?v=vi6lJGGz8Dc	https://www.youtube.com/watch?v=uDv51slhc8	https://www.youtube.com/watch?v=baCSAQzSROE
WOD	5 RFT: 400m Run 8 Squat plank burpees	5 RFT: 400m Run 8 DB/KB horns up squats 8 DB/KB floor press	5 RFT: 500m Row 8 Front squats (135/85)
	https://www.youtube.com/watch?v=gA7V6t-5N_J	https://www.youtube.com/watch?v=galCDA3Rs4I	https://www.youtube.com/watch?v=V4Ug3eMU3wA

Friday, April 17, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	10:00 EMOM 4 Push-ups 8 Squats 12 Jumping jacks	10:00 EMOM 4 Push-ups 8 Squats 12 Jumping jacks	10:00 EMOM 4 Push-ups 8 Squats 12 Jumping jacks
	https://youtu.be/a93z6u_woCU	https://youtu.be/a93z6u_woCU	https://youtu.be/a93z6u_woCU
Strength	E3MOM x 5 10 Doorway rows 1:00 Supinated broomstick squeeze	E3MOM x 5 10 KB rows (5/side) 10 DB curls (1 DB, 2 hands)	E3MOM x 5 10 Pronated bent over rows 5 Close grip chin-ups
	https://youtu.be/CVSKLb0CXZg	https://youtu.be/j9mbTdFT10	https://youtu.be/mzEFIFXulpo
WOD	For Time: Buy in for each round: 1:00 high plank 60-40-20 Lunges DUs - OR - Quick feet	For Time: Buy in for each round: 1:00 high plank 60-40-20 Lunges DUs - OR - Quick feet	For Time: Buy in for each round: 1:00 high plank 60-40-20 Lunges DUs - OR - Quick feet
	https://youtu.be/HA7VQKVJ77Y	https://youtu.be/HA7VQKVJ77Y	https://youtu.be/HA7VQKVJ77Y

Saturday, April 18, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	8 Rounds (8:00 cap): 10 Air squats 3 Easy push ups 4 Samson stretches 5 Towel rows	8 Rounds (8:00 cap): 10 Air squats 3 Easy push ups 4 Samson stretches 5 Towel rows	8 Rounds (8:00 cap): 10 Air squats 3 Easy push ups 4 Samson stretches 5 Towel rows
	https://youtu.be/QZQ1u2wPPH8	https://youtu.be/QZQ1u2wPPH8	https://youtu.be/QZQ1u2wPPH8
Strength	No strength today	No strength today	No strength today
WOD	For Time: Buy in: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) --- THEN --- 40 Towel rows 80 Air squats 100 Push ups	For Time: Buy in: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) --- THEN --- 40 Towel rows 80 Air squats 100 Push ups	For Time: Buy in: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) --- THEN --- 40 Towel rows 80 Air squats 100 Push ups

	80 Air squats 40 Towel Rows --- THEN --- Cash out: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) *36:00 time cap https://youtu.be/Ua5dJPtQnQ	80 Air squats 40 Towel Rows --- THEN --- Cash out: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) *36:00 time cap https://youtu.be/Ua5dJPtQnQ	80 Air squats 40 Towel Rows --- THEN --- Cash out: 6:00 Run OR 6:00 AMRAP of: 50 High knee marches 50 Jumping jacks 50 Easy step ups (12" max) *36:00 time cap https://youtu.be/Ua5dJPtQnQ
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Monday, April 20, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Death march steps (5/side) 10 High knee pulls (5/side) 10 Samson stretch lunges (5/side) https://youtu.be/6Kh1ZfYInmo	3 Rounds: 10 Death march steps (5/side) 10 High knee pulls (5/side) 10 Samson stretch lunges (5/side) https://youtu.be/6Kh1ZfYInmo	3 Rounds: 10 Death march steps (5/side) 10 High knee pulls (5/side) 10 Samson stretch lunges (5/side) https://youtu.be/6Kh1ZfYInmo
Strength	E3MOM x 5 Superset 3 Full squat strict burpees 1:00 Plank https://youtu.be/jmFY2Fe8vVw	E3MOM x 5 Superset 3 DB/KB thrusters (3/side) 1:00 Plank https://youtu.be/999nwiNvWis	E3MOM x 5 Superset 3 Thrusters (build) 1:00 Plank https://youtu.be/sBYkT8jx60
WOD	For Time: 18-12-6 Alternating glute bridge hamstring steps (out/in is 2 reps) Push-ups OR HSPU https://youtu.be/DwStsKf1iRQ	For Time: 18-12-6 Alternating single leg KB deadlifts Push-ups OR HSPU https://youtu.be/hDctuoUmv0	For Time: 9-6-3 Deadlift (275/195) HSPU (RX+ = strict) https://youtu.be/2m4Amv10eBY

Tuesday, April 21, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5-4-3-2-1 Strict burpees Cossack squats Cobra extensions https://youtu.be/RefBjBwN4kA	5-4-3-2-1 Strict burpees Cossack squats Cobra extensions https://youtu.be/RefBjBwN4kA	5-4-3-2-1 Strict burpees Cossack squats Cobra extensions https://youtu.be/RefBjBwN4kA
Strength	12:00 EMOM 1) Hollow hold 2) Glute bridge hold 3) Rest https://youtu.be/rB686_kEG0	12:00 EMOM 1) Right arm suitcase hold 2) Left arm suitcase hold 3) Rest https://youtu.be/y-BXNbD11_0	12:00 EMOM 1) Back rack hold (AHAP) 2) Floor glute bridge hold 3) Rest https://youtu.be/OjFDp0exxik
WOD	5 RFT: 5 Odd object throws 100m Sprint/150m Row/300m Bike https://youtu.be/qSfP_s7oG4A	5 RFT: 10 Alternating DB snatches (5/side) 100m Sprint/150m Row/300m Bike https://youtu.be/GSxRjJpAhZ0	5 RFT: 5 Power snatches (135/85) 100m Sprint/150m Row/300m Bike https://youtu.be/02YQr7JMvMA

Wednesday, April 22, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	10:00 EMOM 1) 10 Air squats + straddle fold 2) 10 Air squats + bound angle https://youtu.be/7xfksSeixll	10:00 EMOM 1) 10 Air squats + straddle fold 2) 10 Air squats + bound angle https://youtu.be/7xfksSeixll	10:00 EMOM 1) 10 Air squats + straddle fold 2) 10 Air squats + bound angle https://youtu.be/7xfksSeixll
Strength	6x5 Superset 5 Dips (chair/couch) 5 Pike push-ups *20:00 time cap https://youtu.be/vc1CidE08F0	6x5 Superset 5 Glute bridge KB palm press (5/side) 5 DB z-press (5/side) *20:00 time cap https://youtu.be/XVQg7UsY70Y	6x5 Superset 5 Strict dips (ring/matador) 5 Strict press (45/35) *20:00 time cap https://youtu.be/e48Pe8O9P0l
WOD	11:00 AMRAP 10 Alternating reverse lunges (5/side) 20 Push-ups 10 Alternating reverse lunges (5/side) 40 Quick feet https://youtu.be/08F9BQncF0	11:00 AMRAP 10 Russian KBS 20 DB thrusters (10/side) 10 Russian KBS 40 Quick feet https://youtu.be/Xi2RuZHKiE8	11:00 AMRAP 10 Russian KBS 20 Wall balls 10 Russian KBS 40 DUs https://youtu.be/LO69lPiPYfik

Thursday, April 23, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Pass throughs (PVC) 10 Overhead lunges 10 Good mornings https://youtu.be/VzNMvnljQVA	3 Rounds: 10 Pass throughs (PVC) 10 Overhead lunges 10 Good mornings https://youtu.be/VzNMvnljQVA	3 Rounds: 10 Pass throughs (PVC) 10 Overhead lunges 10 Good mornings https://youtu.be/VzNMvnljQVA
Strength	E3MOM x 5 1:00 Unbroken odd object couch glute bridges https://youtu.be/fVhTIS_Zif8	E3MOM x 5 1:00 Unbroken Russian KB swings https://youtu.be/35HVRU_Izk0	E3MOM x 5 8 Barbell good mornings https://youtu.be/M27IEnyPhCY
WOD	3 Sets: 2:00 AMRAP 6 Strict burpees Max broomstick Turkish sit-ups 2:00 REST https://youtu.be/fHfHKsQl6dQ	3 Sets: 2:00 AMRAP 6 Burpees-over-KB Max alternating DB hang clean and jerks 2:00 REST https://youtu.be/Q8zsMewNr9E	3 Sets: 2:00 AMRAP 6 Burpees-over-rower Max cal row 2:00 REST https://youtu.be/vDk9yTZXRpC

Friday, April 24, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 5 Pike push-ups 20 Mountain climbers (10/side) 10 Cossack squats (5/side) https://www.youtube.com/watch?v=7ORNQ81VL2s	3 Rounds: 5 Pike push-ups 20 Mountain climbers (10/side) 10 Cossack squats (5/side) https://www.youtube.com/watch?v=7ORNQ81VL2s	3 Rounds: 5 Pike push-ups 20 Mountain climbers (10/side) 10 Cossack squats (5/side) https://www.youtube.com/watch?v=7ORNQ81VL2s

Strength	E4MOM x 5 Odd object hollow pull-overs (AHAP) https://www.youtube.com/watch?v=eMVbA9XmGwI	E4MOM x 5 Max effort DB/KB pull-overs https://www.youtube.com/watch?v=eNV2wWQWk3U	E4MOM x 5 Max effort pull-ups (any version) https://www.youtube.com/watch?v=AU9a90Gbw8
WOD	For Time: 30 Reverse lunges (15/side) 30 Push-up plyo hops 30 Rotational sit-ups (15/side) 30 Push-up plyo hops 30 Forward lunges (15/side) https://www.youtube.com/watch?v=4eMlIbREU2g	For Time: 30 Goblet lunges (15/side) 30 DB/KB push press (15/side) 30 Rotational sit-ups (15/side) 30 DB/KB power jerks (15/side) 30 Bodyweight lunges (15/side) https://www.youtube.com/watch?v=rAkaexkUPic	For Time: 30 Box jumps (24/20) 25 Push press (95/65) 20 T2B 25 Power jerks (95/65) 30 Box step-ups (24/20) https://www.youtube.com/watch?v=4_aKf6y7fck

Saturday, April 25, 2020			
Warm-up	Bodyweight 3 Rounds: 5 Inch worms 10 Plank burpees 15 Sit-ups 20 Superman pulses https://youtu.be/nc-MLJW4Jl4	Limited Equipment 3 Rounds: 5 Inch worms 10 Plank burpees 15 Sit-ups 20 Superman pulses https://youtu.be/nc-MLJW4Jl4	Home Gym 3 Rounds: 5 Inch worms 10 Plank burpees 15 Sit-ups 20 Superman pulses https://youtu.be/nc-MLJW4Jl4
Strength	No strength today	No strength today	No strength today
WOD	TABATA 3 Rounds: Choose one movement/round from the list below: Alligator rolls Single leg hip extensions Dead bugs Sit-ups Flutter kicks Plank burpees *Rest 1:30 in between rounds https://youtu.be/jSdu_5JhD1g	TABATA 3 Rounds: Choose one movement/round from the list below: Alligator rolls Single leg hip extensions Dead bugs Sit-ups Flutter kicks Plank burpees *Rest 1:30 in between rounds https://youtu.be/jSdu_5JhD1g	TABATA 3 Rounds: Choose one movement/round from the list below: Alligator rolls Single leg hip extensions Dead bugs Sit-ups Flutter kicks Plank burpees *Rest 1:30 in between rounds https://youtu.be/jSdu_5JhD1g

Monday, April 27, 2020			
Warm-up	Bodyweight 4 Rounds: 5 Tuck jumps 10 Alternating sumo stance toe touches (5/side) 15 Jumping jacks https://www.youtube.com/watch?v=3lcl-6o5F-Q	Limited Equipment 4 Rounds: 5 Tuck jumps 10 Alternating sumo stance toe touches (5/side) 15 Jumping jacks https://www.youtube.com/watch?v=3lcl-6o5F-Q	Home Gym 4 Rounds: 5 Tuck jumps 10 Alternating sumo stance toe touches (5/side) 15 Jumping jacks https://www.youtube.com/watch?v=3lcl-6o5F-Q
Strength	15:00 EMOM 1) 5 Air squats (:01 down + :10 hold + :01 up) 2) High plank 3) Rest https://www.youtube.com/watch?v=yMNdVrVav0	15:00 EMOM 1) 5 reps of: DB hang squat clean + front squat (right side) 2) 5 reps of: DB hang squat clean + front squat (left side) 3) Rest https://www.youtube.com/watch?v=ZeYfpGml4c	15:00 EMOM 1) 5 reps of: hang squat clean + front squat (build each set) 2) High plank 3) Rest https://www.youtube.com/watch?v=oySI929aTdo
WOD	7:00 AMRAP 9 Plank burpees 6 Supinated bed sheet rows 3 Push-ups https://www.youtube.com/watch?v=r51TAOC4POg	7:00 AMRAP 9 Russian KBS 6 Dead stop horns-up KB cleans 3 KB floor press (3/side) https://www.youtube.com/watch?v=wRG7284ADLc	7:00 AMRAP 5 Deadlifts (185/125) 3 Hang power cleans (185/125) 1 Split jerk (185/125) https://www.youtube.com/watch?v=E42jBXl-12Q

Tuesday, April 28, 2020			
Warm-up	Bodyweight 8:00 EMOM 1) 10 Bent knee toy soldiers (5/side) 2) 10 Long death march steps (5/side) 3) 10 Strict burpees 4) 5 Pump stretch https://www.youtube.com/watch?v=xDeu30nseKE	Limited Equipment 8:00 EMOM 1) 10 Bent knee toy soldiers (5/side) 2) 10 Long death march steps (5/side) 3) 10 Strict burpees 4) 5 Pump stretch https://www.youtube.com/watch?v=xDeu30nseKE	Home Gym 8:00 EMOM 1) 10 Bent knee toy soldiers (5/side) 2) 10 Long death march steps (5/side) 3) 10 Strict burpees 4) 5 Pump stretch https://www.youtube.com/watch?v=xDeu30nseKE
Strength	For Time: 15-10-5 Coffee table L-sits Side plank leg abductions (all reps each side) 1:00 REST https://www.youtube.com/watch?v=yCayWVJGrFI	For Time: 15-10-5 DB seated knee tucks Pronated single arm KB deadlift (all reps each side) 1:00 REST https://www.youtube.com/watch?v=mF7GGk8-lbE	For Time: 15-10-5 Weighted knee raises (medball) Landmine single arm deadlift (all reps each side) 1:00 REST https://www.youtube.com/watch?v=w8IDBv3h_H8
WOD	For Time: 12-9-6 Couch HSPU Jumping air squats 400m Run after each set https://www.youtube.com/watch?v=gOISyJdcky4	For Time: 12-9-6 DB thrusters (all reps each side) 400m Run after each set https://www.youtube.com/watch?v=gOw4BvNHCI	For Time: 12-9-6 Thrusters (135/85) 400m Run after each set https://www.youtube.com/watch?v=pmbCmkR7468

Wednesday, April 29, 2020			
Warm-up	Bodyweight 2 Rounds: 400m Jog/500m easy row/1k easy bike 10 Jumping air squats 20 Long death march steps https://www.youtube.com/watch?v=kOBXaq65Tkc	Limited Equipment 2 Rounds: 400m Jog/500m easy row/1k easy bike 10 Jumping air squats 20 Long death march steps https://www.youtube.com/watch?v=kOBXaq65Tkc	Home Gym 2 Rounds: 400m Jog/500m easy row/1k easy bike 10 Jumping air squats 20 Long death march steps https://www.youtube.com/watch?v=kOBXaq65Tkc
Strength	Every :30 x 20 1 Pause 1.5 hand release push-up Push-up at zero, down to pause at ninety degrees, push-up at 9, REST remaining :20 https://www.youtube.com/watch?v=dpRO1x4Q6OU	Every :30 x 20 1 Pause 1.5 hand release push-up Push-up at zero, down to pause at ninety degrees, push-up at 9, REST remaining :20 https://www.youtube.com/watch?v=dpRO1x4Q6OU	Every :30 x 20 1 Pause 1.5 hand release push-up Push-up at zero, down to pause at ninety degrees, push-up at 9, REST remaining :20 https://www.youtube.com/watch?v=dpRO1x4Q6OU
WOD	5 RFT: 100' Bear crawl 100' Broad jump 200m Run https://www.youtube.com/watch?v=Jl-w6d4Q63Q	5 RFT: 100' Bear crawl 100' Broad jump 200m Run https://www.youtube.com/watch?v=Jl-w6d4Q63Q	5 RFT: 100' Bear crawl 100' Broad jump 200m Run https://www.youtube.com/watch?v=Jl-w6d4Q63Q

Thursday, April 30, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5:00 EMOM 5 Easy push-ups (on something) 6 Cossack squats (3/side) 7 Sit-ups https://youtu.be/YfW12z54aw	5:00 EMOM 5 Easy push-ups (on something) 6 Cossack squats (3/side) 7 Sit-ups https://youtu.be/YfW12z54aw	5:00 EMOM 5 Easy push-ups (on something) 6 Cossack squats (3/side) 7 Sit-ups https://youtu.be/YfW12z54aw
Strength	E3MOM x 5 Superset 8 Alternating single leg couch glute bridges (4/side) 16 Single leg floor glute bridges (8/side) https://youtu.be/ElxqRN5Wduw	E3MOM x 5 Superset 8 Sumo KB deadlifts 8 KB horns-up muscle cleans https://youtu.be/y8LLxL3Thhk	E3MOM x 5 Superset 8 Pause 1.5 deadlifts https://youtu.be/W15tjUQSI
WOD	7:00 AMRAP 15 Deficit couch glute bridges 10 Bedsheet rows 5 Push-ups OR HSPU https://youtu.be/WWG4J334lg	7:00 AMRAP 15 Russian KBS 10 KB stagger stance rows (10/side) 5 Push-ups OR HSPU https://youtu.be/843VFPZWIAA	7:00 AMRAP 15 Russian KBS 10 Pull-ups 5 HSPU https://youtu.be/UZpArmtZOI

Friday, May 1, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Supinated pass-throughs (PVC) 10 Pronated posterior raises (PVC) 10 Overhead squats (PVC) 10 Supinated Russian lunges (PVC) https://youtu.be/ox48oxibHIQ	3 Rounds: 10 Supinated pass-throughs (PVC) 10 Pronated posterior raises (PVC) 10 Overhead squats (PVC) 10 Supinated Russian lunges (PVC) https://youtu.be/ox48oxibHIQ	3 Rounds: 10 Supinated pass-throughs (PVC) 10 Pronated posterior raises (PVC) 10 Overhead squats (PVC) 10 Supinated Russian lunges (PVC) https://youtu.be/ox48oxibHIQ
Strength	10:00 EMOM 3 Pause bedsheet rows (thumb touching body + elbow at rib cage) https://youtu.be/kh5xldbHjBM	10:00 EMOM 3 Pause DB/KB rows (3/side) (thumb touching body + elbow at rib cage) https://youtu.be/OXRNojKXXP0	10:00 EMOM 3 Pause jumping pull-ups (chin-over-bar + 90 at elbows) https://youtu.be/RHQOWI5EJJs
WOD	12:00 AMRAP 16 Pillow throws 16 - 4' Broad jumps https://youtu.be/QJelF5GaCg	12:00 AMRAP 16 Alternating DB hang power snatches (8/side) 16 - 4' Broad jumps (back and forth) https://youtu.be/QJelF5GaCg	12:00 AMRAP 10 Power snatches (95/65) 10 Box-overs (24/20, RX+ = jump overs) https://youtu.be/JGscOrIRxJM

Saturday, May 2, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	4 Rounds: 10 Lunges (5/side) 5 Burpees 10 Death march steps (5/side) https://youtu.be/V010eyiDJTM	4 Rounds: 10 Lunges (5/side) 5 Burpees 10 Death march steps (5/side) https://youtu.be/V010eyiDJTM	4 Rounds: 10 Lunges (5/side) 5 Burpees 10 Death march steps (5/side) https://youtu.be/V010eyiDJTM
Strength	5x10 Kitchen pan skull crushers https://youtu.be/izG0iMhSB8	5x10 Kitchen pan skull crushers https://youtu.be/izG0iMhSB8	5x10 Kitchen pan skull crushers https://youtu.be/izG0iMhSB8
WOD	10:00 EMOM 6 Push-up plank jacks 6 Russian lunges (3/side) MAX Russian twists https://youtu.be/7d03UDanA5g	10:00 EMOM 6 Push-up plank jacks 6 Russian lunges (3/side) MAX Russian twists https://youtu.be/7d03UDanA5g	10:00 EMOM 6 Push-up plank jacks 6 Russian lunges (3/side) MAX Russian twists https://youtu.be/7d03UDanA5g

Monday, May 4, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM 1) 5 Easy push-ups (on something) + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees https://youtu.be/RKyqVP2xcwU	9:00 EMOM 1) 5 Easy push-ups (on something) + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees https://youtu.be/RKyqVP2xcwU	9:00 EMOM 1) 5 Easy push-ups (on something) + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees https://youtu.be/RKyqVP2xcwU
Strength	Run 4x400m/Row 4x500m/Bike 4x1000m REST 2:00 between sets	Run 4x400m/Row 4x500m/Bike 4x1000m REST 2:00 between sets	Run 4x400m/Row 4x500m/Bike 4x1000m REST 2:00 between sets
WOD	For Time: 10-8-6-4-2-4-6-8-10 Push-ups (RX+ = weighted/banded) *10 Full pause reverse-hypers between each set https://youtu.be/q00rKrnM7Zw	For Time: 10-8-6-4-2-4-6-8-10 (all reps each side if only 1 DB) DB bench/DB floor press 10 Step single DB/KB death march steps between each set https://youtu.be/Fm-9eZBwtXw	For Time: 10-8-6-4-2-4-6-8-10 (each side if only 1 DB) DB bench/DB floor press *10 Step single DB/KB death march between each set https://youtu.be/Fm-9eZBwtXw

Tuesday, May 5, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Good mornings 10 Standing torso rotations (5/direction) 10 Hinged torso rotations (5/direction) 10 Jumping air squats https://youtu.be/cFGwwdkMopc	3 Rounds: 10 Good mornings 10 Standing torso rotations (5/direction) 10 Hinged torso rotations (5/direction) 10 Jumping air squats https://youtu.be/cFGwwdkMopc	3 Rounds: 10 Good mornings 10 Standing torso rotations (5/direction) 10 Hinged torso rotations (5/direction) 10 Jumping air squats https://youtu.be/cFGwwdkMopc
Strength	6x5 Towel row (landmine, KB, or doorway) https://youtu.be/sbfuddAptLU	6x5 Towel row (landmine, KB, or doorway) https://youtu.be/sbfuddAptLU	6x5 Towel row (landmine, KB, or doorway) https://youtu.be/sbfuddAptLU
WOD	5:00 AMRAP 12 Pillow glute bridges 6 Supinated bedsheet curls - 2:00 Rest - 5:00 AMRAP 12 Stair step-ups (>6" = 3 stairs, <5"11" = 2 stairs) 6 Push-ups https://youtu.be/bFXnGLbgces	5:00 AMRAP 12 American KBS 8 DB curls - 2:00 Rest - 5:00 AMRAP 12 Broad jumps (4') 4 DB/KB clean & press (4/side) https://youtu.be/LL7ATr1Bphc	5:00 AMRAP 12 Deadlifts (135/85) 4 Strict pull-ups - 2:00 Rest - 5:00 AMRAP 12 Box jumps (24/20) 4 Clean & jerks (135/85) https://youtu.be/Q69Jfjg-Css

Wednesday, May 6, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	7:00 AMRAP (Moving slow and controlled)	7:00 AMRAP (Moving slow and controlled)	7:00 AMRAP (Moving slow and controlled)

	10 V-ups 10 Thrusters (PVC) 4 Alternating high jumps https://youtu.be/f_ZaW9-SQo	10 V-ups 10 Thrusters (PVC) 4 Alternating high jumps https://youtu.be/f_ZaW9-SQo	10 V-ups 10 Thrusters (PVC) 4 Alternating high jumps https://youtu.be/f_ZaW9-SQo
Strength	12:00 EMOM 1) High plank 2) Right side plank :30 3) Left side plank :30 4) 10 alternating psoas march (banded or couch bridge) https://youtu.be/fV70DWek4U	12:00 EMOM 1) High plank 2) Right side plank :30 3) Left side plank :30 4) 10 alternating psoas march (banded or couch bridge) https://youtu.be/fV70DWek4U	12:00 EMOM 1) High plank 2) Right side plank :30 3) Left side plank :30 4) 10 alternating psoas march (banded or couch bridge) https://youtu.be/fV70DWek4U
WOD	30:00 EMOM 1) 5 Strict chin-ups/supinated bedsheet rows/5 KB rows (5/side) + 10 split lunges (5/side) 2) 5 Push-ups + 10 single leg floor glute bridges (5/side) 3) 10 Air squats https://youtu.be/vbOHKagBTaU	30:00 EMOM 1) 5 Strict chin-ups/supinated bedsheet rows/5 KB rows (5/side) + 10 split lunges (5/side) 2) 5 Push-ups + 10 single leg floor glute bridges (5/side) 3) 10 Air squats https://youtu.be/vbOHKagBTaU	30:00 EMOM 1) 5 Strict chin-ups/supinated bedsheet rows/5 KB rows (5/side) + 10 split lunges (5/side) 2) 5 Push-ups + 10 single leg floor glute bridges (5/side) 3) 10 Air squats https://youtu.be/vbOHKagBTaU
Thursday, May 7, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM 1) 5 Rows + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees - THEN - :30 Bonesaw on each calf :30 PVC roll each foot https://youtu.be/BU8ErVEozk	9:00 EMOM 1) 5 Rows + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees - THEN - :30 Bonesaw on each calf :30 PVC roll each foot https://youtu.be/BU8ErVEozk	9:00 EMOM 1) 5 Rows + plank remainder of minute 2) :30 Butt kickers 3) :30 High knees - THEN - :30 Bonesaw on each calf :30 PVC roll each foot https://youtu.be/BU8ErVEozk
Strength	Run 2x800m/Row 2x1000m/2x2000m REST 4:00 between sets	Run 2x800m/Row 2x1000m/2x2000m REST 4:00 between sets	Run 2x800m/Row 2x1000m/2x2000m REST 4:00 between sets
WOD	For Time: 100-80-60-40-20 Quick feet 50-40-30-20-10 Bird-dogs (1/2 the reps on each side) https://youtu.be/AD7PEM-qKIY	For Time: 100-80-60-40-20 Quick feet 50-40-30-20-10 Alternating DB hang snatches (1/2 the reps on each side) https://youtu.be/aIPWQnR9RA0	For Time: 100-80-60-40-20 DUs 50-40-30-20-10 Alternating single arm DB/KB swings https://youtu.be/bNbmZNP4H4
Friday, May 8, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Long death march steps 20 Jumping jacks 10 Arm circles (5/direction/side) https://youtu.be/fzN4VssmMjs	3 Rounds: 10 Long death march steps 20 Jumping jacks 10 Arm circles (5/direction/side) https://youtu.be/fzN4VssmMjs	3 Rounds: 10 Long death march steps 20 Jumping jacks 10 Arm circles (5/direction/side) https://youtu.be/fzN4VssmMjs
Strength	6x5 Odd object lungesters (5/side) https://youtu.be/FUF9fLMCUXE	6x5 Alternating DB overhead reverse lunge (5/side) https://youtu.be/FUF9fLMCUXE	6x5 Barbell OHS (build with good form) https://youtu.be/FUF9fLMCUXE
WOD	7 RFT (each): YGIG by round with a partner 9 Sit-ups 6 Push-ups 3 Candlestick power jumps 100m run/125m row/300m bike https://youtu.be/12XnXFeSwmg	7 RFT (each): YGIG by round with a partner 8 Alternating DB hang clusters (4/side) 6 Weighted sit-ups 4 Plank burpees 100m run/125m row/300m bike https://youtu.be/sMKNGB9TwrQ	7 RFT (each): YGIG by round with a partner 9 Wall balls (20/14) 6 T2B 3 Power cleans (135/85) 100m run/125m row/300m bike https://youtu.be/KNYUvvgI0us
Saturday, May 9, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Air Squats 10 Burpees 10 Towel scap pull ups 10 Towel rows https://youtu.be/ppBf7PWa68k	3 Rounds: 10 Air Squats 10 Burpees 10 Towel scap pull ups 10 Towel rows https://youtu.be/ppBf7PWa68k	3 Rounds: 10 Air Squats 10 Burpees 10 Towel scap pull ups 10 Towel rows https://youtu.be/ppBf7PWa68k
Strength	2x10 Odd object goblet squat - THEN - 2x10 Odd object strict press - THEN - 2x10 Odd object thrusters https://youtu.be/GvxW7CYgCo	2x10 Odd object goblet squat - THEN - 2x10 Odd object strict press - THEN - 2x10 Odd object thrusters https://youtu.be/GvxW7CYgCo	2x10 Odd object goblet squat - THEN - 2x10 Odd object strict press - THEN - 2x10 Odd object thrusters https://youtu.be/GvxW7CYgCo
WOD	For Time: 30-25-20-15-10 Odd object thrusters (1/2 the reps each side) 10-15-20-25-30 Towel Rows *12:00 time cap https://youtu.be/OB0FjICNn98	For Time: 30-25-20-15-10 Odd object thrusters (1/2 the reps each side) 10-15-20-25-30 Towel Rows *12:00 time cap https://youtu.be/OB0FjICNn98	For Time: 30-25-20-15-10 Odd object thrusters (1/2 the reps each side) 10-15-20-25-30 Towel Rows *12:00 time cap https://youtu.be/OB0FjICNn98
Monday, May 11, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 6 Death march steps (3/side) 4 High knee pulls (2/side) 2 Pump stretch - THEN - 1/2 Tabata air squats https://youtu.be/dDfD2VdNO2k	5 Rounds: 6 Death march steps (3/side) 4 High knee pulls (2/side) 2 Pump stretch - THEN - 1/2 Tabata air squats https://youtu.be/dDfD2VdNO2k	5 Rounds: 6 Death march steps (3/side) 4 High knee pulls (2/side) 2 Pump stretch - THEN - 1/2 Tabata air squats https://youtu.be/dDfD2VdNO2k
Strength	Run 8x200m/Row 8x250/Bike 8x500	Run 8x200m/Row 8x250/Bike 8x500	Run 8x200m/Row 8x250/Bike 8x500

	REST 1:00 between sets 30 RFT: 1 Lungester 3 Sit-ups 5 Jumping jacks https://youtu.be/IF7pvYIITPs	REST 1:00 between sets 30 RFT: 1 DB snatch-to-reverse-lunge (1/side) 3 Sit-ups https://youtu.be/WE0KMN381uw	REST 1:00 between sets 30 RFT: 1 Snatch (135/85) 2 Lunges (1/leg) 3 Sit-ups https://youtu.be/YEKAcOO_rs
Tuesday, May 12, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM 1) 10 DB/KB floor presses 2) 10 Single leg squats (5/side) 3) 10 Scap pulls https://youtu.be/7oaUS13KHZY	9:00 EMOM 1) 10 DB/KB floor presses 2) 10 Single leg squats (5/side) 3) 10 Scap pulls https://youtu.be/7oaUS13KHZY	9:00 EMOM 1) 10 DB/KB floor presses 2) 10 Single leg squats (5/side) 3) 10 Scap pulls https://youtu.be/7oaUS13KHZY
Strength	E3MOM x 5 10 Unbroken push-ups *Do sets 1, 3, and 5 VERY challenging. Sets 2 and 4 should be easier/higher https://youtu.be/1JoRKYcv8E	E3MOM x 5 8 Bottom-up KB floor press (4/arm) *Do not build. Just work on control *Palm press instead if KB is too heavy for bottom-up press https://youtu.be/Umxjr68jFY	E3MOM x 5 8 Bench press Build with good form. Start less than 50% of 1RM https://youtu.be/O-eKtz-fG0Q
WOD	For Time: 45-30-15 Jumping air squats Towel rows https://youtu.be/2RNvJ142g8	For Time: 30-20-10 Goblet lunges (1/2 the reps on each side) Dead stop horns-up KB muscle cleans https://youtu.be/eyoXLWzjml0	For Time: 21-15-9 Box jumps (24/20) Pull-ups https://youtu.be/0g2kEmh0RMw
Wednesday, May 13, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Jumping floor touches 10 Sit-ups 10 PVC good mornings https://youtu.be/sHGqSL3BAYk	3 Rounds: 10 Jumping floor touches 10 Sit-ups 10 PVC good mornings https://youtu.be/sHGqSL3BAYk	3 Rounds: 10 Jumping floor touches 10 Sit-ups 10 PVC good mornings https://youtu.be/sHGqSL3BAYk
Strength	5 RNFT: 10 Seated L-sit leg raises (over odd object) 10 Odd object wood chops (10/side) 2:00 REST https://youtu.be/3zTVIhpOEK	5 RNFT: 10 Seated L-sit leg raises (over DB/KB) 10 Dumbbell woodchops (5/side) 2:00 REST https://youtu.be/AkAQc_2al0g	5 RNFT: 10 Hanging L-sit rotations 10 Landmine windmills 2:00 REST https://youtu.be/6HhcBQ0kuUQ
WOD	For Time: 30-20-10 Jumping towel rows Push-ups https://youtu.be/-1sBYSSfKQ	For Time: 30-20-10 Hang power DB/KB cleans (1/2 the reps/side) Floor press (1/2 the reps/side) https://youtu.be/VogOvV6XeEg	For Time: 21-15-9 Power cleans (135/85) Ring push-ups https://youtu.be/8b_9SHnPs_J
Thursday, May 14, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	15:00 EMOM 1) 10 Penguin jumps + calf stretch remainder of minute 2) 20 Mountain climbers 3) 30 Stride jog https://youtu.be/OEgqJkIB-2U	15:00 EMOM 1) 10 Penguin jumps + calf stretch remainder of minute 2) 20 Mountain climbers 3) 30 Stride jog https://youtu.be/OEgqJkIB-2U	15:00 EMOM 1) 10 Penguin jumps + calf stretch remainder of minute 2) 20 Mountain climbers 3) 30 Stride jog https://youtu.be/OEgqJkIB-2U
Strength	Run 2x1600m/row 2x2000m/bike 2x4000m REST 5:00 between sets	Run 2x1600m/row 2x2000m/bike 2x4000m REST 5:00 between sets	Run 2x1600m/row 2x2000m/bike 2x4000m REST 5:00 between sets
WOD	12:00 AMRAP 25 DUs/50 single unders/25 penguin jumps 25 Sit-ups 100m Sprint/125m row/300m bike/:30 quick feet https://youtu.be/3NaTm4lkgr4	12:00 AMRAP 25 DUs/50 single unders/25 penguin jumps 25 Sit-ups 100m Sprint/125m row/300m bike/:30 quick feet https://youtu.be/3NaTm4lkgr4	12:00 AMRAP 25 DUs/50 single unders/25 penguin jumps 25 Sit-ups 100m Sprint/125m row/300m bike/:30 quick feet https://youtu.be/3NaTm4lkgr4
Friday, May 15, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: (Moving slow and steady) 10 Single leg good mornings 5 Pump stretches 5 Pause air squats https://youtu.be/TQeFT_ps3gE	3 Rounds: (Moving slow and steady) 10 Single leg good mornings 5 Pump stretches 5 Pause air squats https://youtu.be/TQeFT_ps3gE	3 Rounds: (Moving slow and steady) 10 Single leg good mornings 5 Pump stretches 5 Pause air squats https://youtu.be/TQeFT_ps3gE
Strength	E3MOM x 5 10 Heel elevated glute bridge https://youtu.be/hH14LoUNz8	E3MOM x 5 10 Dead-stop KB swings https://youtu.be/kCBqH4EqbQ	E3MOM x 5 8 Deadlift (build with good form) https://youtu.be/HTLO4TLgLxQ
WOD	For Time: 150 Alternating leg reverse lunge broomstick thrusters (75/side) https://youtu.be/-mqNywQIbA	For Time: 150 Alternating leg reverse lunge DB thrusters (75/side) https://youtu.be/jsQ8zP7kSk	For Time: 150 Alternating reverse lunge wallballs (75/side) https://youtu.be/rMwclJIDMz4
Saturday, May 16, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds 4 Easy push up-down dogs 8 Sit-ups 12 Mountain climbers (6/side) 16 Air squats https://youtu.be/aNmTK8mk9-E	3 Rounds 4 Easy push up-down dogs 8 Sit-ups 12 Mountain climbers (6/side) 16 Air squats https://youtu.be/aNmTK8mk9-E	3 Rounds 4 Easy push up-down dogs 8 Sit-ups 12 Mountain climbers (6/side) 16 Air squats https://youtu.be/aNmTK8mk9-E
Strength	No strength today	No strength today	No strength today
WOD	10 RFHT 8 Push-ups 16 Sit-ups 24 Mountain climbers (12/side) Max backpack wall sit hold (1:00 max)	10 RFHT 8 Push-ups 16 Sit-ups 24 Mountain climbers (12/side) Max backpack wall sit hold (1:00 max)	10 RFHT 8 Push-ups 16 Sit-ups 24 Mountain climbers (12/side) Max backpack wall sit hold (1:00 max)

	Rest 1:00	Rest 1:00	Rest 1:00
	https://youtu.be/DpoR09QyhGA	https://youtu.be/DpoR09QyhGA	https://youtu.be/DpoR09QyhGA
Monday, May 18, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Alternating toy soldiers (5/side) 10 Alternating crossed ankle forward folds (5/side) 3 Pump stretch w/ rotation (3/direction) - THEN - 1/2 Tabata high knees 1/2 Tabata butt kickers https://youtu.be/P4ErZsmdomM	3 Rounds: 10 Alternating toy soldiers (5/side) 10 Alternating crossed ankle forward folds (5/side) 3 Pump stretch w/ rotation (3/direction) - THEN - 1/2 Tabata high knees 1/2 Tabata butt kickers https://youtu.be/P4ErZsmdomM	3 Rounds: 10 Alternating toy soldiers (5/side) 10 Alternating crossed ankle forward folds (5/side) 3 Pump stretch w/ rotation (3/direction) - THEN - 1/2 Tabata high knees 1/2 Tabata butt kickers https://youtu.be/P4ErZsmdomM
Strength	For Time: Run 800m/row 1000m/bike 2000m REST 2:00 Run 200m/row 500m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 500m/bike 500m REST 2:00 Run 800m/row 1000m/bike 2000m *Time Cap: 25:00	For Time: Run 800m/row 1000m/bike 2000m REST 2:00 Run 200m/row 500m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 500m/bike 500m REST 2:00 Run 800m/row 1000m/bike 2000m *Time Cap: 25:00	For Time: Run 800m/row 1000m/bike 2000m REST 2:00 Run 200m/row 500m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 500m/bike 500m REST 2:00 Run 800m/row 1000m/bike 2000m *Time Cap: 25:00
WOD	For Time: 25-20-15-10-5 Broomstick thrusters Broad jumps (4') Couch reverse-hypers https://youtu.be/C3NeYbUWxl	For Time: 25-20-15-10-5 Thrusters Broad jumps (4') Russian KBS (AHAP) https://youtu.be/XOV9lZltxKg	For Time: 25-20-15-10-5 Wall balls (20/14) Box jumps (24/20) Russian KBS (AHAP) https://youtu.be/iEYotzKVb20
Tuesday, May 19, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM 1) 12 Lunges (6/side) 2) 8 Plank burpees 3) 4 Yoga push-ups https://youtu.be/vNKJfbDc1LY	9:00 EMOM 1) 12 Lunges (6/side) 2) 8 Plank burpees 3) 4 Yoga push-ups https://youtu.be/vNKJfbDc1LY	9:00 EMOM 1) 12 Lunges (6/side) 2) 8 Plank burpees 3) 4 Yoga push-ups https://youtu.be/vNKJfbDc1LY
Strength	6x8 Single leg squat (8/side) https://youtu.be/iOIL2ApnPc	6x6 Goblet squat (pause at the bottom) https://youtu.be/3XMRHC4K2l	6x3 Front squat (build) https://youtu.be/f3j4N6UbbAU
WOD	For Time: 150 Sit-ups *Every 15 reps do 4 lunges (2/leg) https://youtu.be/nB90OpV1wn4	For Time: 75 DB/KB hang snatches *Every 5 reps switch hands and do 2 front squats https://youtu.be/WRNLBq7QWB4	For Time: 75 Hang snatches (75/55) *Every time the barbell touches the ground do 5 front squats https://youtu.be/_P1b1f1s-zs
Wednesday, May 20, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 7 Front squats (PVC, pause at the bottom) 7 Floor press (PVC, tension on bar) 7 Good morning (PVC) https://youtu.be/g1SdXRUAZA0	5 Rounds: 7 Front squats (PVC, pause at the bottom) 7 Floor press (PVC, tension on bar) 7 Good morning (PVC) https://youtu.be/g1SdXRUAZA0	5 Rounds: 7 Front squats (PVC, pause at the bottom) 7 Floor press (PVC, tension on bar) 7 Good morning (PVC) https://youtu.be/g1SdXRUAZA0
Strength	Tabata x 3 Pause mountain climbers (switch legs each rest period) 1:00 REST Hollow rocks 1:00 REST Reverse plank https://youtu.be/B4LF0y_P4iY	Tabata x 3 Pause mountain climbers (switch legs each rest period) 1:00 REST Hollow rocks 1:00 REST Reverse plank https://youtu.be/B4LF0y_P4iY	Tabata x 3 Pause mountain climbers (switch legs each rest period) 1:00 REST Hollow rocks 1:00 REST Reverse plank https://youtu.be/B4LF0y_P4iY
WOD	30 RFT: YGIG by round w/ a partner 5 Plank burpees 3 Push-ups (RX+ = HSPU) 1 - 50m Sprint https://youtu.be/vWee-QUBXMY	30 RFT: YGIG by round w/ a partner 5 Thrusters (1 DB, 2 hands) 3 Push-ups (RX+ = HSPU) 1 DB power clean (1/side) https://youtu.be/v1t3TUp1S6U	30 RFT: YGIG by round w/ a partner 5 Wall balls (20/14) 3 Push-ups (RX+ = HSPU) 1 Power clean (185/125) https://youtu.be/ldzp4ld0qXc
Thursday, May 21, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	2 Rounds: Easy 200m run/250m row/500m bike 10 Alternating straddle reach Easy 200m run/250m row/500m bike 10 Slow pause air squats https://youtu.be/SILlKeyrVgA	2 Rounds: Easy 200m run/250m row/500m bike 10 Alternating straddle reach Easy 200m run/250m row/500m bike 10 Slow pause air squats https://youtu.be/SILlKeyrVgA	2 Rounds: Easy 200m run/250m row/500m bike 10 Alternating straddle reach Easy 200m run/250m row/500m bike 10 Slow pause air squats https://youtu.be/SILlKeyrVgA
Strength	For Time: Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 250m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 250m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m Time Cap: 15:00	For Time: Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 250m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 250m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m Time Cap: 15:00	For Time: Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 250m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m REST 1:00 Run 200m/row 250m/bike 500m REST 1:00 Run 400m/row 500m/bike 1000m Time Cap: 15:00
WOD	5 RFT: 21 Air squats 14 Hollow leg raises 14 Bird dogs (7/side)	5 RFT: 14 DB/KB goblet squats 14 Hollow leg raises 14 DB/KB deadlifts	5 RFT: 8 Back squats (135/85) 15/10 Cal row

	https://youtu.be/2D0sJIRlRo	https://youtu.be/HLh0ia5Wk	https://youtu.be/g2Wcw-x03QQ
Friday, May 22, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	12:00 EMOM 1) 5 Pike push-ups 2) 10 Weighted good mornings 3) 10 Tuck jumps 4) 10 Cossack squats (5/side)	12:00 EMOM 1) 5 Pike push-ups 2) 10 Weighted good mornings 3) 10 Tuck jumps 4) 10 Cossack squats (5/side)	12:00 EMOM 1) 5 Pike push-ups 2) 10 Weighted good mornings 3) 10 Tuck jumps 4) 10 Cossack squats (5/side)
Strength	6x5 Couch HSPU https://youtu.be/ACao9GDFp0	6x3 Z-press (3/side) https://youtu.be/ACao9GDFp0	6x3 Strict press (build with good form) https://youtu.be/PnF4_13Uvgg
WOD	20:00 AMRAP YGIG by round w/ a partner 10 Alternating single leg good mornings (5/side) 6 Jumping air squats 3 Push-ups https://youtu.be/PN3vMOsgHb4	20:00 AMRAP YGIG by round w/ a partner 10 KB push press (5/side) 6 KBS 3 Object jump overs (try to get to at least 20" high) https://youtu.be/STXE2J6oqcA	20:00 AMRAP YGIG by round w/ a partner 9 Push press (95/65) 6 KBS 3 Box jump overs (24/20) https://youtu.be/C_lqR9BmINM
Saturday, May 23, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 5 Inch worms 10 Sit ups 15 Air squats 20 Book toe taps (10/side) https://youtu.be/pgagX71VthY	3 Rounds: 5 Inch worms 10 Sit ups 15 Air squats 20 Book toe taps (10/side) https://youtu.be/pgagX71VthY	3 Rounds: 5 Inch worms 10 Sit ups 15 Air squats 20 Book toe taps (10/side) https://youtu.be/pgagX71VthY
Strength	Tabata x 2 Plank shoulder taps 1:00 rest Stair taps https://youtu.be/xZw6m08JBi4	Tabata x 2 Plank shoulder taps 1:00 rest Stair taps https://youtu.be/xZw6m08JBi4	Tabata x 2 Plank shoulder taps 1:00 rest Stair taps https://youtu.be/xZw6m08JBi4
WOD	For Time: 11! Burpees Sit-ups *After burpees run up the stairs. You may not skip a step. *After sit ups run back downstairs. You may not skip a step. *May scale to 8 step jumps or 5 step ups (5/side) in place of running up and down the stairs. https://youtu.be/98CKFqWq5g	For Time: 11! Burpees Sit-ups *After burpees run up the stairs. You may not skip a step. *After sit ups run back downstairs. You may not skip a step. *May scale to 8 step jumps or 5 step ups (5/side) in place of running up and down the stairs. https://youtu.be/98CKFqWq5g	For Time: 11! Burpees Sit-ups *After burpees run up the stairs. You may not skip a step. *After sit ups run back downstairs. You may not skip a step. *May scale to 8 step jumps or 5 step ups (5/side) in place of running up and down the stairs. https://youtu.be/98CKFqWq5g
Monday, May 25, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 200m Jog 10 Cobra extensions 10 Rotational death march steps (5/side) 10 Air squats https://youtu.be/24UixQermG0	3 Rounds: 200m Jog 10 Cobra extensions 10 Rotational death march steps (5/side) 10 Air squats https://youtu.be/24UixQermG0	3 Rounds: 200m Jog 10 Cobra extensions 10 Rotational death march steps (5/side) 10 Air squats https://youtu.be/24UixQermG0
Strength	No strength today	No strength today	No strength today
WOD	4 RFT: 800m Run 49 Push-ups 49 Sit-ups 49 Squats --- OR --- 14 RFT: 200m Run 14 Push-ups 14 Sit-ups 14 Sir squats - CASH OUT - 400m Run https://youtu.be/dLMf5kHKYI	4 RFT: 800m Run 49 Push-ups 49 Sit-ups 49 Squats --- OR --- 14 RFT: 200m Run 14 Push-ups 14 Sit-ups 14 Sir squats - CASH OUT - 400m Run https://youtu.be/dLMf5kHKYI	4 RFT: 800m Run 49 Push-ups 49 Sit-ups 49 Squats --- OR --- 14 RFT: 200m Run 14 Push-ups 14 Sit-ups 14 Sir squats - CASH OUT - 400m Run https://youtu.be/dLMf5kHKYI
Tuesday, May 26, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: (Moving slow and steady) 5 Horizontal pulls 4 Jumping lunges (2/side) 3 Push-ups https://youtu.be/IsAco8Af1aU	5 Rounds: (Moving slow and steady) 5 Horizontal pulls 4 Jumping lunges (2/side) 3 Push-ups https://youtu.be/IsAco8Af1aU	5 Rounds: (Moving slow and steady) 5 Horizontal pulls 4 Jumping lunges (2/side) 3 Push-ups https://youtu.be/IsAco8Af1aU
Strength	E2MOM x 5 5 Supinated bedsheet rows 5 Bedsheet tricep presses https://youtu.be/wc16zqXN8dw	E2MOM x 5 5 KB Pendlay rows (5/side) 5 DB curl + press (1 DB, 2 hands) https://youtu.be/d1usNvOGTM	E2MOM x 5 5 Chin-ups (weighted if possible) 5 Barbell curl + press (supinated) https://youtu.be/l3J-O2-rATo
WOD	10 RFT: 8 Jumping bedsheet rows 8 Object facing plank burpees REST 1:00 https://youtu.be/tu76_RWAXzI	10 RFT: 8 Alternating DB power cleans (4/side) 8 DB facing plank burpees REST 1:00 https://youtu.be/4pYqALf0uQ	10 RFT: 8 Box jumps (30/24) 4 Power cleans (135/85) REST 1:00 https://youtu.be/Y-WFmBTvJI
Wednesday, May 27, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM	9:00 EMOM	9:00 EMOM

	1) Child's pose (:20 middle, :20 right, :20 left) 2) :30 Mountain climbers 3) 5 Yoga push-ups + pause in down dog https://youtu.be/LCQOsJ0_5Fo	1) Child's pose (:20 middle, :20 right, :20 left) 2) :30 Mountain climbers 3) 5 Yoga push-ups + pause in down dog https://youtu.be/LCQOsJ0_5Fo	1) Child's pose (:20 middle, :20 right, :20 left) 2) :30 Mountain climbers 3) 5 Yoga push-ups + pause in down dog https://youtu.be/LCQOsJ0_5Fo
Strength	16:00 EMOM 1) :30 Hollow rocks 2) :30 Right side plank 3) :30 Superman rocks 4) :30 Left side plank https://youtu.be/RYoN7Igc1XM	16:00 EMOM 1) :30 Hollow rocks 2) :30 Right side plank 3) :30 Superman rocks 4) :30 Left side plank https://youtu.be/RYoN7Igc1XM	16:00 EMOM 1) :30 Hollow rocks 2) :30 Right side plank 3) :30 Superman rocks 4) :30 Left side plank https://youtu.be/RYoN7Igc1XM
WOD	12:00 AMRAP 3 Bedsheet GI Jane's 5 Push-ups 7 Jumping air squats https://youtu.be/O0X_LqXb-Y4	12:00 AMRAP 3 DB hang clean + push press (3/side) 5 HSPU 7 DB goblet squats https://youtu.be/LaqbCh6-urk	12:00 AMRAP 3 BMUs -OR- 3 strict GI Jane's 5 HSPU 7 OHS (45/35) https://youtu.be/2O8MXocmN0

Thursday, May 28, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 20 Butt kickers (10/side) 20 High knees (10/side) 10 Hollow rocks 10 PVC good mornings Max effort row hold https://youtu.be/HP11yQXA6Is	3 Rounds: 20 Butt kickers (10/side) 20 High knees (10/side) 10 Hollow rocks 10 PVC good mornings Max effort row hold https://youtu.be/HP11yQXA6Is	3 Rounds: 20 Butt kickers (10/side) 20 High knees (10/side) 10 Hollow rocks 10 PVC good mornings Max effort row hold https://youtu.be/HP11yQXA6Is
Strength	No strength today	No strength today	No strength today
WOD	30:00 AMRAP YGIG by round w/ partner 200m Run 6 Bedsheet rows 12 Couch glute bridges https://youtu.be/ya5D97QqKk	30:00 AMRAP YGIG by round w/ partner 200m Run 6 DB/KB rows (6/side) 12 Russian KBS https://youtu.be/FIIS3uMjIyM	30:00 AMRAP YGIG by round w/ partner 200m Run 6 Pull-ups 12 Russian KBS https://youtu.be/v1apRX-_p_0

Friday, May 29, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 EMOM 1) 10 Good mornings (PVC) 2) 10 OHS (PVC) https://youtu.be/qUL4BVAP8D8	6:00 EMOM 1) 10 Good mornings (PVC) 2) 10 OHS (PVC) https://youtu.be/qUL4BVAP8D8	6:00 EMOM 1) 10 Good mornings (PVC) 2) 10 OHS (PVC) https://youtu.be/qUL4BVAP8D8
Strength	15:00 EMOM 1) 5 Cross-body single leg good mornings (5/side) + high knee 2) 5 Single leg push-ups (5/side) 3) 10 Frog pumps + pause https://youtu.be/EoB5IuvDiDc	15:00 EMOM 1) 5 Cross-body single leg good mornings (5/side) + high knee 2) 5 Single leg push-ups (5/side) 3) 10 Frog pumps + pause https://youtu.be/LQg-kmRDToY	15:00 EMOM 1) 5 Cross-body single leg good mornings (5/side) + high knee 2) 5 Single leg push-ups (5/side) 3) 10 Frog pumps + pause https://youtu.be/LQg-kmRDToY
WOD	For Time: 30-25-20-15-10 Couch glute bridge Air squats 15-12-9-6-3 Push-ups https://youtu.be/ggZHgh2UWYw	For Time: 10-8-6-4-2 KB deadlift KB front squat KB push press *All reps on each side https://youtu.be/FY1ITW48M8Q	For Time: 10-8-6-4-2 Deadlift (135/85) Front squat (135/85) Push press (135/85) https://youtu.be/xdkGqo9lWw

Saturday, May 30, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 AMRAP 5 Plank burpees 6 Samson stretches (3/side) 7 Air squats 8 Cossack squats (4/side) https://youtu.be/OnPlmTaOIm4	6:00 AMRAP 5 Plank burpees 6 Samson stretches (3/side) 7 Air squats 8 Cossack squats (4/side) https://youtu.be/OnPlmTaOIm4	6:00 AMRAP 5 Plank burpees 6 Samson stretches (3/side) 7 Air squats 8 Cossack squats (4/side) https://youtu.be/OnPlmTaOIm4
Strength	Turkish Get-Up E2MOM X 5 1 TGU/arm Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32Bd0L_v_hRA	Turkish Get-Up E2MOM X 5 1 TGU/arm Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32Bd0L_v_hRA	Turkish Get-Up E2MOM X 5 1 TGU/arm Increase in complexity of object throughout strength. (Example: an object that you are less able to grip and requires more balance to keep up is more complex) https://youtu.be/32Bd0L_v_hRA
WOD	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow squats *EMOM (Starting at 0:00) 1 Turkish Get-Up (switch arms every minute) *15:00 Time Cap https://youtu.be/3QBgym1EcsU	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow squats *EMOM (Starting at 0:00) 1 Turkish Get-Up (switch arms every minute) *15:00 Time Cap https://youtu.be/3QBgym1EcsU	7 RFT: 5 Burpees 10 Pillow lunges 15 Pillow squats *EMOM (Starting at 0:00) 1 Turkish Get-Up (switch arms every minute) *15:00 Time Cap https://youtu.be/3QBgym1EcsU

Monday, June 1, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 4 Split squats (4/side) 6 Supinated passthroughs 8 Hollow rocks https://youtu.be/OZIE0Iay31A	5 Rounds: 4 Split squats (4/side) 6 Supinated passthroughs 8 Hollow rocks https://youtu.be/OZIE0Iay31A	5 Rounds: 4 Split squats (4/side) 6 Supinated passthroughs 8 Hollow rocks https://youtu.be/OZIE0Iay31A
Strength	10x2 Turkish Get-Ups (any object/weight, 2/side) REST 1:00	10x2 Turkish Get-Ups (any object/weight, 2/side) REST 1:00	10x2 Turkish Get-Ups (any object/weight, 2/side) REST 1:00

	https://youtu.be/yyHEi8ScSkk	https://youtu.be/yyHEi8ScSkk	https://youtu.be/yyHEi8ScSkk
WOD	For Time: 45-30-15 Sit-ups Overhead lunges 200m Run after each round https://youtu.be/k8t5jptmHug	For Time: 30-20-10 Weighted sit-ups Overhead DB/KB lunges (split reps/side) 200m Run after each round https://youtu.be/XT7RyKlUc-I	For Time: 21-15-9 T2B Overhead lunges (95/65) 200m Run after each round https://youtu.be/MIAF9GIBo8
Tuesday, June 2, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	9:00 EMOM 1) 10 Cossack squats 2) 10 Horizontal pulls 3) 10 Cobra extensions https://youtu.be/Defm7xEoc5U	9:00 EMOM 1) 10 Cossack squats 2) 10 Horizontal pulls 3) 10 Cobra extensions https://youtu.be/Defm7xEoc5U	9:00 EMOM 1) 10 Cossack squats 2) 10 Horizontal pulls 3) 10 Cobra extensions https://youtu.be/Defm7xEoc5U
Strength	E3MOM x 5 20 Perfect air squats https://youtu.be/mn_Nzd-L1Mo	E3MOM x 5 12 Pause goblet squats (.03 pause in the bottom of each rep) https://youtu.be/mn_Nzd-L1Mo	E3MOM x 5 6 Back squats (build) https://youtu.be/mn_Nzd-L1Mo
WOD	For Time: 5-4-3-2-1 Single arm bedsheet row Lungesters Single leg glute bridge *All reps each side https://youtu.be/7IVHRnZ-bbY	For Time: 5-4-3-2-1 Stagger stance KB row (elbow on knee) Single leg goblet squat (to an object) Single arm KB deadlift (narrow stance) *All reps each side https://youtu.be/6Vx1mXUj8	For Time: 5-4-3-2-1 C2B chin-ups Landmine goblet squats (90/70) Single-arm landmine deadlifts (90/70) *All reps each side https://youtu.be/gPxo85dBjQY
Wednesday, June 3, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 AMRAP (Moving slow and steady) 10 Kick-throughs 5 Right side plank reach 5 Left side plank reach 10 Jumping air squats - THEN - :30 Bonesaw right calf :30 Bonesaw left calf https://youtu.be/1H3psWrHPuw	6:00 AMRAP (Moving slow and steady) 10 Kick-throughs 5 Right side plank reach 5 Left side plank reach 10 Jumping air squats - THEN - :30 Bonesaw right calf :30 Bonesaw left calf https://youtu.be/1H3psWrHPuw	6:00 AMRAP (Moving slow and steady) 10 Kick-throughs 5 Right side plank reach 5 Left side plank reach 10 Jumping air squats - THEN - :30 Bonesaw right calf :30 Bonesaw left calf https://youtu.be/1H3psWrHPuw
Strength	3 Rounds: 20 Hollow odd object Russian twists (.01 pause at the bottom of each side, 10/side) 10 Straight arm & leg sit-ups + toe touch 20 Kneeling odd object rotations (.01 pause at the bottom of each side, 10/side) Rest 1:00 https://youtu.be/4NZvD0imLU	3 Rounds: 20 Hollow odd object Russian twists (.01 pause at the bottom of each side, 10/side) 10 Straight arm & leg sit-ups + toe touch 20 Kneeling odd object rotations (.01 pause at the bottom of each side, 10/side) Rest 1:00 https://youtu.be/bzmOBOIgr88	3 Rounds: 20 Hollow odd object Russian twists (.01 pause at the bottom of each side, 10/side) 10 Straight arm & leg sit-ups + toe touch 20 Kneeling odd object rotations (.01 pause at the bottom of each side, 10/side) Rest 1:00 https://youtu.be/7z_TlqhVmFw
WOD	11:00 AMRAP 20 Cossack squats 35 Odd object lateral jump overs https://youtu.be/1XziEC7slAE	11:00 AMRAP 10 DB/KB thrusters 35 DB/KB lateral jump-overs https://youtu.be/OLvqcqudU1w	11:00 AMRAP 10 Wall balls (20/14) 35 DUs https://youtu.be/M8yuFOLCswl
Thursday, June 4, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	2 Rounds: 200m Run 10 Death march floor sweeps 10 Skipping high knees 3 Pump stretch https://youtu.be/icvCcRC4m68	2 Rounds: 200m Run 10 Death march floor sweeps 10 Skipping high knees 3 Pump stretch https://youtu.be/icvCcRC4m68	2 Rounds: 200m Run 10 Death march floor sweeps 10 Skipping high knees 3 Pump stretch https://youtu.be/icvCcRC4m68
Strength	E3MOM x 3 10 Pause squats w/ single leg extension (5/side) https://youtu.be/M3RWQc3IMAg	E3MOM x 3 10 Pause squats w/ single leg extension (5/side) https://youtu.be/M3RWQc3IMAg	E3MOM x 3 10 Pause squats w/ single leg extension (5/side) https://youtu.be/M3RWQc3IMAg
WOD	5 RFT: 400m Run 10 Knee jumps https://youtu.be/R39iVIWTEic	5 RFT: 400m Run 20 Alternating DB snatches https://youtu.be/8O3IjJn4YA	5 RFT: 400m Run 15 Power snatches (75/55) https://youtu.be/T5EDC4vbO6Q
Friday, June 5, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	8:00 EMOM 1) 10 Easy push-ups 2) 10 Behind the neck presses 3) 10 Muscle cleans 4) 10 Lunges https://youtu.be/wl-xCISg7Mw	8:00 EMOM 1) 10 Easy push-ups 2) 10 Behind the neck presses 3) 10 Muscle cleans 4) 10 Lunges https://youtu.be/wl-xCISg7Mw	8:00 EMOM 1) 10 Easy push-ups 2) 10 Behind the neck presses 3) 10 Muscle cleans 4) 10 Lunges https://youtu.be/wl-xCISg7Mw
Strength	E3MOM x 5 8 Perfect hand release push-ups https://youtu.be/nkx3Ap8vE0o	E3MOM x 5 6 Pause floor press (.01 pause w/ tricep on floor, 5/side) https://youtu.be/yi-YnecyE8	E3MOM x 5 6 pause bench press (.01 pause on chest, build) https://youtu.be/PetiOwEndEo
WOD	18:00 AMRAP YGIG by round w/ partner 3 Push-ups 6 Alternating single leg squats (3/side) 9 Bedsheet rows https://youtu.be/8iwW-Kd11Cw	18:00 AMRAP YGIG by round w/ partner 3 DB/KB push press (3/side) 10 Goblet lunges (5/side) 3 Power cleans (3/side) https://youtu.be/Jca93Hnhm4c	18:00 AMRAP YGIG by round w/ partner 3 Strict press (95/65) 6 Front squat (95/65) 9 Power clean (95/65) https://youtu.be/vbf31mfr9g
Saturday, June 6, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	2 Rounds: 200m Run 10 Burpees 10 Air squats	2 Rounds: 200m Run 10 Burpees 10 Air squats	2 Rounds: 200m Run 10 Burpees 10 Air squats

	-THEN- 2 Rounds: 6 Death march steps 6 Long lunges 6 Jumping air squats https://youtu.be/BA1JheOZ8Y	-THEN- 2 Rounds: 6 Death march steps 6 Long lunges 6 Jumping air squats https://youtu.be/BA1JheOZ8Y	-THEN- 2 Rounds: 6 Death march steps 6 Long lunges 6 Jumping air squats https://youtu.be/BA1JheOZ8Y
Strength	Every 1:30 x 5 Slowest push-up possible *Be close to failure every time. *Find failure at least once. *Have to be moving in your push up the whole time	Every 1:30 x 5 Slowest push-up possible *Be close to failure every time. *Find failure at least once. *Have to be moving in your push up the whole time	Every 1:30 x 5 Slowest push-up possible *Be close to failure every time. *Find failure at least once. *Have to be moving in your push up the whole time
WOD	Every 1:30 x 10 10 Jumping air squats 100m Sprint https://youtu.be/BNIKaP-ZIa0	Every 1:30 x 10 10 Jumping air squats 100m Sprint https://youtu.be/BNIKaP-ZIa0	Every 1:30 x 10 10 Jumping air squats 100m Sprint https://youtu.be/BNIKaP-ZIa0

Monday, June 8, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Heel touch downs (10/side) 10 Calf raises 10 Plank toe drags https://youtu.be/Zfatptl728l	3 Rounds: 10 Heel touch downs (10/side) 10 Calf raises 10 Plank toe drags https://youtu.be/Zfatptl728l	3 Rounds: 10 Heel touch downs (10/side) 10 Calf raises 10 Plank toe drags https://youtu.be/Zfatptl728l
Strength	E3MOM x 5 Max effort unbroken dips https://youtu.be/XGfwYoGzQWE	E3MOM x 5 Max effort unbroken dips https://youtu.be/XGfwYoGzQWE	E3MOM x 5 Max effort unbroken dips https://youtu.be/XGfwYoGzQWE
WOD	10:00 AMRAP (With a partner) Max quick feet *Partner does 24 walking lunges (12 out/12 back). When partner returns, switch and continue the count. https://youtu.be/6dwrURNsGM4	10:00 AMRAP (With a partner) Max quick feet *Partner does 24 walking lunges (12 out/12 back). When partner returns, switch and continue the count. https://youtu.be/6dwrURNsGM4	10:00 AMRAP (With a partner) Max DUs *Partner does 24 walking lunges (12 out/12 back). When partner returns, switch and continue the count. https://youtu.be/6dwrURNsGM4

Tuesday, June 9, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	6:00 EMOM 4 Supinated rows 10 Good mornings 4 Sliding Cossack squats https://youtu.be/qzKGS0HsJxo	6:00 EMOM 4 Supinated rows 10 Good mornings 4 Sliding Cossack squats https://youtu.be/qzKGS0HsJxo	6:00 EMOM 4 Supinated rows 10 Good mornings 4 Sliding Cossack squats https://youtu.be/qzKGS0HsJxo
Strength	10:00 EMOM 5 Chin-ups (:01 pause above bar) - OR - 5 Supinated ring rows (:01 pause at chest) https://youtu.be/lqAP0XNw24g	10:00 EMOM 5 Chin-ups (:01 pause above bar) - OR - 5 Supinated ring rows (:01 pause at chest) https://youtu.be/lqAP0XNw24g	10:00 EMOM 5 Chin-ups (:01 pause above bar) - OR - 5 Supinated ring rows (:01 pause at chest) https://youtu.be/lqAP0XNw24g
WOD	12:00 AMRAP 10 Bird dogs (5/side) 10 Jumping gorilla squats 10 Alternating crab walk toe-touches (5/side) 10 Froggers https://youtu.be/kGmYHgZjpMU	12:00 AMRAP 10 Bird dogs (5/side) 10 Jumping gorilla squats 10 Alternating crab walk toe-touches (5/side) 10 Froggers https://youtu.be/kGmYHgZjpMU	12:00 AMRAP 10 Bird dogs (5/side) 10 Jumping gorilla squats 10 Alternating crab walk toe-touches (5/side) 10 Froggers https://youtu.be/kGmYHgZjpMU

Wednesday, June 10, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	5 Rounds: 20 Quick feet 10 Shoulder taps 5 Air squats https://youtu.be/NR0L3Wldwec	5 Rounds: 20 Quick feet 10 Shoulder taps 5 Air squats https://youtu.be/NR0L3Wldwec	5 Rounds: 20 Quick feet 10 Shoulder taps 5 Air squats https://youtu.be/NR0L3Wldwec
Strength	9:00 EMOM 1) Right arm high plank 2) Left arm high plank 3) 10 Alternating standing rotational crunches (5/side) https://youtu.be/YExirl-igI0	9:00 EMOM 1) Right arm high plank 2) Left arm high plank 3) 10 Alternating standing rotational crunches (5/side) https://youtu.be/YExirl-igI0	9:00 EMOM 1) Right arm high plank 2) Left arm high plank 3) 10 Alternating standing rotational crunches (5/side) https://youtu.be/YExirl-igI0
WOD	For Time: 1 Round: 30 Forward lunges 30 Sit-ups 30 Lateral hop-overs (any object ~12" high) --- THEN --- 3 Rounds: 10 Forward lunges 10 Sit-ups 10 Lateral hop-overs --- THEN --- 5 Rounds: 6 Forward lunges 6 Sit-ups 6 Lateral hop-overs https://youtu.be/EeqGllonlw	For Time: 1 Round: 30 Forward lunges 30 Sit-ups 30 Lateral hop-overs (any object ~12" high) --- THEN --- 3 Rounds: 10 Forward lunges 10 Sit-ups 10 Lateral hop-overs --- THEN --- 5 Rounds: 6 Forward lunges 6 Sit-ups 6 Lateral hop-overs https://youtu.be/EeqGllonlw	For Time: 1 Round: 30 Forward lunges 30 Sit-ups 30 Lateral hop-overs (any object ~12" high) --- THEN --- 3 Rounds: 10 Forward lunges 10 Sit-ups 10 Lateral hop-overs --- THEN --- 5 Rounds: 6 Forward lunges 6 Sit-ups 6 Lateral hop-overs https://youtu.be/EeqGllonlw

Thursday, June 11, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	400m Jog - THEN - 5:00 AMRAP 10 Russian lunges 10 Toy soldier steps 3 Strict pull-ups 5 Push-ups	400m Jog - THEN - 5:00 AMRAP 10 Russian lunges 10 Toy soldier steps 3 Strict pull-ups 5 Push-ups	400m Jog - THEN - 5:00 AMRAP 10 Russian lunges 10 Toy soldier steps 3 Strict pull-ups 5 Push-ups

	https://youtu.be/6v11Y0AxNDY	https://youtu.be/6v11Y0AxNDY	https://youtu.be/6v11Y0AxNDY
Strength	Run 4x400m/row 4x500m/bike 4x1000m	Run 4x400m/row 4x500m/bike 4x1000m	Run 4x400m/row 4x500m/bike 4x1000m
	Rest 2:00 between sets	Rest 2:00 between sets	Rest 2:00 between sets
WOD	10:00 AMRAP 5 Towel rows or pull-ups 10 Push-ups 15 Air squats	10:00 AMRAP 5 Towel rows or pull-ups 10 Push-ups 15 Air squats	10:00 AMRAP 5 Towel rows or pull-ups 10 Push-ups 15 Air squats
	https://youtu.be/tvGs7z44JR8	https://youtu.be/tvGs7z44JR8	https://youtu.be/tvGs7z44JR8

Friday, June 12, 2020	Bodyweight	Limited Equipment	Home Gym
Warm-up	3 Rounds: 10 Hollow rocks 10 Alternating plank leg raises (5/side) 10 Cobra extensions	3 Rounds: 10 Hollow rocks 10 Alternating plank leg raises (5/side) 10 Cobra extensions	3 Rounds: 10 Hollow rocks 10 Alternating plank leg raises (5/side) 10 Cobra extensions
	https://youtu.be/t9SpgXR-CMY	https://youtu.be/t9SpgXR-CMY	https://youtu.be/t9SpgXR-CMY
Strength	10:00 EMOM :30 Reverse plank :30 Rest	10:00 EMOM :30 Reverse plank :30 Rest	10:00 EMOM :30 Reverse plank :30 Rest
	https://youtu.be/U27ndvbMdkg	https://youtu.be/U27ndvbMdkg	https://youtu.be/U27ndvbMdkg
WOD	EMOM for as long as possible (death by plank burpees): 1) 1 Plank burpee 2) 2 Plank burpees 3) 3 Plank burpees ETC...until you can't finish reps in the minute *RX+ = plank box facing burpee box overs at 24/20	EMOM for as long as possible (death by plank burpees): 1) 1 Plank burpee 2) 2 Plank burpees 3) 3 Plank burpees ETC...until you can't finish reps in the minute *RX+ = plank box facing burpee box overs at 24/20	EMOM for as long as possible (death by plank burpees): 1) 1 Plank burpee 2) 2 Plank burpees 3) 3 Plank burpees ETC...until you can't finish reps in the minute *RX+ = plank box facing burpee box overs at 24/20
	https://youtu.be/pg0DLNwiusQ	https://youtu.be/pg0DLNwiusQ	https://youtu.be/pg0DLNwiusQ