

Round 1=

1 Pushup to Renegade Row each arm
5 cleans each arm
1 pushup to Renegade Row each arm x3
3 cleans each arm
1 pushup to Renegade Row each arm x5
1 clean each arm
500 m row or ¼ mile jog

Round 2 =

1 Pushup to Renegade Row each arm
5 KB rack squats
1 pushup to Renegade Row each arm x3
3 KB rack squats
1 pushup to Renegade Row each arm x5
1 KB rack Squat
500 m row or ¼ mile jog

Round 3=

1 Pushup to Renegade Row each arm
5 clean squat thrusters
1 pushup to Renegade Row each arm x3
3 clean squat thrusters
1 pushup to Renegade Row each arm x5
1 clean squat thrusters

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IKMF Master of Sport (2x) - Strength is a Choice

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