

Squats, Lunge, Burpees	Devil's Press, V-up, OHL	Run, Thruster, Jump
<p>Workout Brief + Warm Up:</p> <p>Workout Tip: try to hold onto the DBs during the Squats/Lunges to avoid having to re-Clean it back up to the shoulders, then slowly chip away at the Burpees while loosening the shoulders from the Front-rack.</p> <p>Suggested Rx'd: 20 lb. DBs. Squats and Lunges should be unbroken throughout most of the workout.</p> <p>Goal: 6-8 min.</p> <p>-----</p> <p>Warm Up - Quick Sprints</p> <p>15-12-9 Jumping Lunges Mountain Climbers</p> <p>Rest 1 min.</p> <p>12-9-6 Jumping Jacks Squats</p> <p>Workout Prep</p> <p>5 Goblet Squats 5 Goblet Front-to-back Lunges (each leg, alt) 10 Alt. Samson Lunge Stretches 5 DB Front Squats (two DBs) 5 DB Front-to-back Lunges (each leg, alt)</p> <p>-----</p> <p>5 rounds 6 DB Front Squats 6 Alternating DB Front-to-Back Lunges 6 Lateral Dumbbell Burpees</p> <p>*front to back lunge Step forward into a lunge then step back with the same leg = 1 rep</p>	<p>Workout Brief + Warm Up:</p> <p>Workout Tip: aim for unbroken movement and use the transition as the only rest period.</p> <p>Logistics: Devil's Press is 2 DBs. OH DB Lunges with one single DB held above head, performed in place, alternating legs.</p> <p>Workout Goal: sub 10.</p> <p>Suggested Rx'd: 20 lb. DBs (unbroken movement).</p> <p>-----</p> <p>Warm Up - DB Squat, Press, Jump, Lift, Midline</p> <p>25 DB Front Squats 10 Push-ups 25 DB Push Press 10 Jumping Jacks 25 DB Deadlifts 10 Lateral Over the DB Jumps 25 DB Sit-ups (held at chest) 10 DB Russian Twists</p> <p>*Perform with one or two light DBs.</p> <p>Workout Prep</p> <p>1-2-3-4-5 Devil's Press V-up DB OH Lunge</p> <p>-----</p> <p>5 rounds 5 Devil Press 10 V-ups 15 Dumbbell Overhead Lunges</p> <p>*Devil's Press is a burpee with 2 DB then swing both them overhead instead of a jump: scale to just a burpee. V-ups: perform Tuck-ups, then Sit-ups. Lunges: reduce load, then to DB Lunges (held at chest), then bodyweight.</p>	<p>Workout Brief + Warm Up:</p> <p>Workout Tip: push an 80% pace on the run, into big sets on the Thrusters, into a steady/unbroken pace on the jumps.</p> <p>Logistics: Single DB Cluster performed with one DB held with one bell in each hand (Goblet).</p> <p>Workout Goal: 9-12 min.</p> <p>Suggested Rx'd: 40/25 lb. DB (sets of 10-20) & object height around knee level (under 3 min. for all).</p> <p>-----</p> <p>Warm Up - Jump Rope & Drills</p> <p>1 min. Single-unders/ toe taps 20-m Bear Crawl 1 min. Single-unders/toe taps 20-m Crab Walk 1 min. Single under/toe taps 20-m Butt Kickers</p> <p>Workout Prep</p> <p>100m Jog → faster each round 10 DB Goblet Squats → Single DB Presses→ Single DB Thrusters 10 Lateral DB Jumps → Object Step-ups → Object Jumps 3 Rounds</p> <p>-----</p> <p>For time Run, 800 m 50 Single DB Goblet Thrusters 50 Box/Object Jumps</p> <p>*Perform 150 Double/Single-unders + 50 Kick-backs if unable to run.</p> <p>Object Jumps: Option to perform 50 DB Jump Overs if unable to find an object to jump on.</p>

Core/Bodyweight Conditioning	Cluster and Burpees	2 minutes/station
<p>Workout Brief + Warm Up: Workout Tip: fight through the holds and use the active movements to help shake it out and get a rhythm again.</p> <p>Logistics: timer on the workout is a continuous 15 min of work. Go immediately from the 1 min of work into the 30 sec hold without transition time.</p> <p>Suggested Rx'd: Choose a Jump Over object that's around knee height. Can also use DBs. Heel Touch height DB - Heel touch: seated on the ground with legs out in front of you, lift both over DB to other side, touch the ground and back over the DB...that was 2. BRUTAL</p> <p>Workout Goal: Per interval, shoot for 20-25 Jump Overs, 20-30 Heel Touches, and only 1-2 breaks during Holds.</p> <p>-----</p> <p>Warm Up - 5 min. AMRAP 10 Air Squats 3 x (10 Singles + 10 Doubles)* 10 Push-ups 3 x (10 Singles + 10 Doubles) 10 Mountain Climbers 3 x (10 Singles + 10 Doubles)</p> <p>*can't skip then jog then High knee</p> <p>Workout Prep 2x 10 seconds of each: Lateral Jump/ step-Over Hollow Hold Bent Knee Heel Touches Plank Hold/HS Hold</p> <p>-----</p> <p>5 rounds of: 1 min. Max rep Lateral Jump Overs 30 sec.. Hollow Rock 1 min. Max rep Heel Touches 30 sec. Plank/Handstand Hold</p> <p>Scale as needed</p>	<p>Workout Brief + Warm Up:</p> <p>Workout Tip: Burpee at a slow pace to get some breath back, then give yourself a Cluster number to hit each round - a goal to keep you moving.</p> <p>Logistics: Start the first minute with 4 Burpees. Perform as many Cluster reps as possible within the minute until the next minute. Finish when 60 reps are complete. BOTH ends of the DB need to touch the ground for a rep to count.</p> <p>Workout Goal: 8-12 min.</p> <p>Suggested Rx'd: 40/25 lb. DBs (sets of 5-7 at a time). Burpees should take no longer than 20 seconds each round (30 sec to Cluster).</p> <p>-----</p> <p>Warm Up</p> <p>400-m DB Farmers Carry (2 DBs): At 100-m, perform 10 Front Squats At 200-m, perform 10 Push Press At 300-m, perform 10 Deadlifts At 400-m, perform 10 Push-ups (hands on DB handles).</p> <p>*Sub 50 Double-unders or 75 Singles for each 100-m increment, then buy out with 1 min. Farmer's Hold.</p> <p>Workout Prep</p> <p>3-4 sets x 5 DB Clusters</p> <p>*Add load over each set.</p> <p>Cluster = DB Clean + thruster. Clean + front squat + press out.</p> <p>-----</p> <p>60 Dumbbell Clusters Every Minute On The Minute 4 Burpees</p> <p>Burpees start at 0:00</p>	<p>Workout Tip: Use the hips as much as possible to help manage the compounding push-pull shoulder fatigue throughout the 12 minutes! Perform small, consistent sets that keep you going.</p> <p>Logistics: DB SDHP you can switch arms whenever you'd like - non-alternating each rep.</p> <p>Workout Goal: 40-50 SDHP/S2OH, 30-40 H2T/HSPU, 50-80 Swings/Squats.</p> <p>Suggested Rx'd: 40/25 lb. DBs.</p> <p>-----</p> <p>Warm Up - DB Midline, Press, Pull, Squat Prep</p> <p>10 Single-arm DB Bent Rows Right 10 Single-arm DB Presses Right 10 Single-arm DB Front Squats Right 50-m Single-arm DB Overhead Walk Right *Repeat on left side. 30 sec. Hollow Rock Hold 4 Alternating DB Turkish Get-ups (2 each side) 2 Rounds</p> <p>*Perform as a 45 sec. OH Hold if no ability to perform 50-m.</p> <p>Workout Prep</p> <p>30 sec of each: Move in WOD</p> <p>-----</p> <p>1 round, 2 mins per station</p> <p>Dumbbell Sumo Deadlift High-pull Dumbbell Shoulder-to-Overhead V-up/Tuck Up Handstand Push-up/Pushup Russian Dumbbell Swing Air Squat</p>