**LOWER BODY BURN:** 4 rounds for time

12 Box Jumps or Step Ups

50 Jump Rope: double or single

10 Jumping lunges or DB thrusters

10 Toes to Bar or Knee Ups

**STRENGTH: LEGS/GLUTES & SHOULDERS**

A1 BB Back Squat 10/8/6x

A2 DB Military Press 10/8/6x

B1 DB Alternating Forward Lunge 6x each side

B2 DB Front Raise to Lateral Raise 7x each movement

C1 Lateral Goblet Lunge 10x each side

C2 Thumb up Reverse Fly 10x

D1 KB Single Leg Russian Deadlift (RDL) 10x each side

D2 KB Swings 15x

**STRENGTH: LEGS/GLUTES & CORE**

A1 BB Front Squat 10/8/6x

A2 Dragon Fly 10x

B1 Bulgarian Split Squat 10x each side

B2 Russian Twists 15x each side

C1 Single Leg Glute Bridge 10x each side

C2 Plank to Alternating Side Plank 10x each side

D1 Elevated Calf Raise (toes pointed in/out/neutral) 20x

D2 Superman w/ Lat Pull Down (use a towel, band or PVC pipe)

**UPPER BODY BURN:** 4 rounds for time

8 Man-Eaters: 1x push-up, 1x renegade row (each side), clean & thrust (20lbs Women/35lbs Men)

50 Jump Rope: double or single

5 Pull-Ups: strict or band assisted

10 Hang Cleans (65lbs Women/95 Men)

**STRENGTH: CHEST & BICEPS**

A1 Bench Press 10/8/6

A2 Bicep Curls 10/8/6

B1 Landmine Press: Side to Side 10x

B2 Pull-Ups 10x

C1 DB Pull Over 10x

C2 DB Bicep Curl 10x

D1 Chest Flyes 10x

D2 Reverse Bicep Curls 10x

**STRENGTH: BACK & TRICEPS**

A1 Pull-Ups 10x

A2 Dips 10x

B1 Deadlift 10/8/6

B2 Skull Crushers 10x

C1 Row: bent over 10x

C2 Tricep Pull Down 10x

D1 Reverse Fly 10x

D2 Tricep Extension 10x