

WOD 10/02/2020

Dressed & Sweaty

Block 1- 3 Rounds of AMRepsAP -Round 1- :60/:60/Round
2-:45/:45/Round 3-:30/:30

Resistance Band SL Deadlift ®

10 Burpees

Resistance Band SL Deadlift (L)

10 KBS/Goblet squat

Lateral Lunge to DB Clean ®

15 Suitcase Swings

Lateral Lunge to DB Clean (L)

15 Jumping Jacks w/OHP

ISO Hold Split Squat w/ Alt Hammer Curl to OHP ®

10 Plank Jump Out's

ISO Hold Split Squat with Alt Front Raise (L)

10 Dead Bug Lat Pullover

Windshield Wipers

Exercise

Option

SL Dead Lift

Resistance Band SL Hip Bridge

Lateral Lunge

Split Stance KBS to Clean