

WORKOUT 1

WARM UP

3XROUNDS (no rest between)

60s easy pace cardio or skipping

5 cat camel

6/6 lunge + overhead reach

6 dumbbell RDL + overhead reach

8 light front/goblet squat

SECTION 1

4XROUNDS (rest 90s between rounds)

8 front squat or goblet squat

8/8 half kneeling dumbbell press

6/6 side plank + hip lift

20-30s hollow hold

SECTION 2

3XROUNDS (rest 60-90s between rounds)

8/8 reverse lunge

10 ring rows

15 band pull aparts

CONDITIONING

Any cardio machine

50s easy pace, 10s strong pace

40s easy pace, 20s strong pace

30s easy pace, 30s strong pace

20s easy pace, 40s strong pace

10s easy pace, 50s strong pace

60s strong pace