

WORKOUT 2

WARM UP

3XROUNDS (no rest between)

60s easy pace cardio or skipping

10 + 10 band pull

aparts/dislocates

5 prone swimmers

6/6 kneeling 180 rotations

8 bench press/dumbbell bench
press

SECTION 1

4XROUNDS (rest 90s between rounds)

8 bench press/dumbbell bench

8/8 kneeling banded row

10 Russian twist (done slowly)

up to 20 mountain climbers
(done slowly)

SECTION 2

3XROUNDS (rest 60-90s between rounds)

10/10 dumbbell bent over row

10-15 lateral raise with plate

15-20 situps

CONDITIONING

3XROUNDS

90s on, 90s rest

6/6 single arm dumbbell snatch

12 alternating forward lunge

In the remaining time of the 90s do cardio for distance/calories or as many skips as possible