

# WORKOUT 3

## WARM UP

3XROUNDS (no rest between)

60s easy pace cardio or skipping

6/6 side plank + hip lift

10 bird dog

10 seated windmill

6 TB deadlift or 10 kettlebell deadlift

## SECTION 1

4XROUNDS (rest 90s between rounds)

6 trap bar deadlift or 10 KB dl

5 vertical jumps

8/8 kneeling 180 rotations

30s flutterkicks

## SECTION 2

3XROUNDS (rest 60-90s between rounds)

8/8 Bulgarian split squats

10 renegade rows

8/8 pallof rotations (or side plank 20s each side)

## CONDITIONING

ON THE MINUTE x 9

minute 1 - 40s cardio or skipping

minute 2 - 16 KB swings

minute 3 - 6-8 down ups or walkouts