Set Lin Meeting	Each Week for 30	mine by Sunda	v FOD					
Set oh Meeting	Lacii vveek idi 30	minis by Sunda	y LOD					
Warmup								
Foam Roll								
Hurdles								
	Plank Clams w Tw	vist 20 og sido						
Inch Worms	Flatik Clatiis W TV	vist 20 ea side						
Groiners	20 ea side							
OH Squats 20	20 ea side							
Iron T	20 ea side							
Scorpions	20 ea side							
Courtsey Lunge								
		ato dave)	3x15	**Do not do on M	IOD Day***	**ARX Day VP	DD**	
Ab Wheel/ Hang	g Leg Raise (alternate days)		3X 15	**Do not do on WOD Day***		ARX Day VF		
Monday								
WOD- AM/ PM	See WOD Chart	1 for each of th	vo 4 wooko					
VVOD- AIVI/ FIVI	See WOD Chart	Tiol each of the	le 4 weeks					
Tuesday								
Hip Thrusters	See Chart (Press)							
Deadlifts	See Chart							
Squats	See Chart							
RDL	3x15							
Bent Over Row	3x15							
Super 8								
Wednesday								
NACO ARACONA	0 1400 01	A famor de con	- A	40				
WOD- AM/PM	See WOD Chart	i for each of th	e 4 weeks	10 mins/13 mins				
Thursday								

100		4.1	LID 400					
LSC- wear weig	ht vest	1 hr	HR 120					
Friday								
ARX								
Super 8								
Saturday or Su	ndov							
Saturday or Su	liuay							
Rock Climbing								
*** Use Vibration	n Plate Every D	ay for 15 Mins						
		•						
WODO.								
WODS								
Do WOD 1 and	2 for the first 2	weeks/ 3 and 4 for	the second 2 weeks					
1	1 150 Wall Ball Shots							
2 Single Arm DB Clean to Press (25 lbs)/ Toe to Bar/ Chest to Bar					22/16/10	*Do Half OH Squats w/ R and Half OH Squats w/ L		
3	3 Single Arm OH Squat (25 lbs)/ Chest to Bar/ HSPU							
4	Thrusters (45	lbs)/ DL (135 lbs)						