

Workout #7:



Warm-up

Prone Breathing x 5

Head nods x 5 + R, L x 5

Adductor rocking x 5ea

Spiderman with rotation x 5ea

Hip Lifts x 10

Wall slides with band x 10

Exercise

Reps

Swing to Squat

x 8

Dead Clean to Press

x 8

Push up to down dog

x 8 total

3 Point KB Row

x 8 ea

AMRAP in 20 minutes

Notes: