



## TUESDAY - OCT. 17, 2017

Workout	Set 1		Set 2	
	Result	Reps	Result	Reps
<b>Warm-Up</b>	200m Skip 600m Jog 50m Alternating Gallup 50m Skip w/ Arm Cross 50m Pick Up Run 50m Backward Skip w/ Arm Cross 50m Skip Lunge 50m Side Skip w/ Turn 50m Backward Run 50m Crossover Run			
<b>Warm-Up</b>	Chest Hang Cobra Downward Dog Bretzel (L-R) Plough Heel Sit Butterfly Hurdle Stretch (L-R) Pretzel (L-R) QL Stretch (L-R) Calf Stretch (L-R)			
<b>Warm-Up</b>	2x30m Straight Leg Bounds Backward Run Side A Skip (L-R) Skip w/ Hip Circles Lateral Cross Over (L-R)			
<b>Multi-Jump Tyrone</b>	<i>Complete AMSAP in:</i> Skip For Height Skip For Distance Run-Run-Jump (L-R) Hurdle Jump (L-R)			
<b>Notes</b>	2x30m 5-6x 5 Lefts			



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	Result	Reps	Result	Reps
<b>General Endurance Halac</b>	<i>Completion Circuit</i> 30 Seconds Each Station Squat A-Skip Side-to-Side Hop B Skip Crunch SL Bound Burpee Fast Leg Push-Up 60 Second Run 350m + run			
<b>GS Pillar</b>	<i>Complete AMSAP in:</i> V-Up Crunch w/ Twist (L-R) Back Hyper Leg Toss Flutter Kicks Single Leg Hip Extension (L-R) L-Over Side Up Back Hyper w/ Twist Chinnies L-Up->Hip Lift Supine Hip Extension Double Leg Slide 3-way Roll Up			
<b>Multi-Jump Avi</b>	<i>Complete AMRAP in: 30</i> Ankle Bounces Side Straddle Hop Front Straddle Hop Crossover Hop Figure 8s Bunny Hop Zig-Zag Hop			
<b>Notes</b>	Evening Session			

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