



MONDAY - OCT. 30, 2017

| Workout | Set 1 | | Set 2 | | Set 3 | | Set 4 | | Set 5 | | Set 6 | | Set 7 | | Set 8 | |
|--------------------------|--|--------|--------|------|--------|------|--------|------|--------|------|--------|------|--------|------|--------|------|
| | Result | Reps | Result | Reps | Result | Reps | Result | Reps | Result | Reps | Result | Reps | Result | Reps | Result | Reps |
| Warm-Up | 10 MB Squats 50m Forward Skip 50m Backward Skip 10 MB Thrusters 50m Skip Lunge 50m Pick Up Run 10 OH MB Lunges Ea. Leg | | | | | | | | | | | | | | | |
| Warm-Up | Walking Stretch Series: (10xeach) Walking Knee Grab Frankenstein Walks Twist Reach Lunges Extended B Figure 4 | | | | | | | | | | | | | | | |
| Notes | Half Turns 5x Full Turns 5x Half Turns -> Sprint 5x Wheels 5x Power Position Throws 10x Wheel Throws 5x | | | | | | | | | | | | | | | |
| Warm-Up | 2x30m Ankling A Skip B Skip High Knee Butt Kick High Knee Carioca | | | | | | | | | | | | | | | |
| A 10m Sprint | <i>Record completion of cardio/run</i> 10m resisted run into 10m sprint | | | | | | | | | | | | | | | |
| A 30m Sprint | <i>Record completion of cardio/run</i> | | | | | | | | | | | | | | | |
| Multi-Jump Mickey | Complete AMRAP in: Broad Jump before each set of bounds LLL RRR LLRR RRLL RLRL LRLR | | | | | | | | | | | | | | | |
| Power Clean | | 2 | | 2 | | 2 | | 1 | | 1 | | 1 | | 1 | | 1 |
| | | 60.00% | | 70% | | 80% | | 90% | | 90% | | 90% | | 90% | | 90% |
| Clean Pull | | 2 | | 2 | | 2 | | | | | | | | | | |



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| | Result | Reps | Result | Reps | Result | Reps | Result | Reps | Result | Reps | Result | Reps | Result | Reps | Result | Reps |
| | 110.00% | | 110% | | 110% | | | | | | | | | | | |
| A Deep Squat | | 4 | | 4 | | 4 | | 4 | | 4 | | | | | | |
| | 0.00% | | 0% | | 85% | | 85% | | 85% | | | | | | | |
| A Dumbbell Incline Bench Press | | 6 | | 6 | | 6 | | 6 | | 6 | | | | | | |
| | 0.00% | | 0% | | 0% | | 0% | | 0% | | | | | | | |
| Single Leg RDL | | 8 | | 8 | | | | | | | | | | | | |
| | 0.00% | | 0% | | | | | | | | | | | | | |
| MT Morpheus | Complete AMSAP in: Overhead Back Between Legs Forward Hammer Hip (L-R) Squat Chest | | | | | | | | | | | | | | | |

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