

WARM-UP

BODYSQUATS – 25

HANDRELEASE PUSH-UPS – 25

INPLACE SPIDER MAN (SLOW) – 24

WORKOUT

SPIDERMAN TIRE PUSH – >

ROPE CLIMB – AS FAR AS U CAN GO

SPIDERMAN TIRE ADD & AB DUCT CORE PULL - 20

TIRE FLIP – 10 >

TIRE TOSS - 10

BATTLE ROPE STAT. SQUAT AND RATTLE – 30, 45, 60 SEC. PERSONAL CHALLENGE

TIRE FLIP W/PLYO JUMP – 10

TIRE TOSS (EXPLOSIVE) – 10

BATTLE ROPE SIDE RATTLE – PERSONAL CHALLENGE

SLED - >

BATTLE ROPE PLYO SLAM - 10

CORE

H-T – 10 L/R

LEG CLIMB – 10 L/R

MED BALL SIT UPS (PARTNER) – 50

SITUP & PUNCH (PARTNER) – 25

SPIDERMAN W/PUSH UP – 12

BERPI W/PUSH UP, JUMP, PUNCH (EXPLODE) – 10

BOXING & MMA TRAINING