



Workout A - Week 1&2

EQUIPMENT: Sandbag, Kettlebell & Timer
(you can supplement a kettlebell or dumbbell for a sandbag)

PHASE ONE - 10 MINUTES

Crawl	40 seconds
KB Racked March	40 seconds
USB Around the World OR KB Halo	40 seconds

PHASE TWO - 10 MINUTES

Push Up Variation	40 seconds
KB Two Hand Dead Stop Swings	40 seconds
USB Clean to Back Lunge	40 seconds

PHASE THREE - 10 MINUTES

Roll to Stand	40 seconds
Press (Push Press or Military Press)	40 seconds
USB (or KB) Row, Clean & Squat	40 seconds

CONDITIONING - 10 MINUTE AMRAP

Figure Eight to Hold

Snatches (half or full)

Speed Skaters



Workout A - Week 3&4

EQUIPMENT: Sandbag, Kettlebell & Timer
(you can supplement a kettlebell or dumbbell for a sandbag)

PHASE ONE - 10 MINUTES

Crawl	45 seconds
KB Overhead March OR Cross Carry	45 seconds
USB Around the World OR KB Halo	45 seconds

PHASE TWO - 10 MINUTES

Push Up Variation	40 seconds
KB Two Hand Dead Stop Swings	40 seconds
USB Clean to Back Lunge	40 seconds

PHASE THREE - 10 MINUTES

Roll to Stand	40 seconds
Press (Push Press or Military Press)	40 seconds
USB (or KB) Row, Clean & Squat	40 seconds

CONDITIONING - 10 MINUTE AMRAP

Figure Eight to Hold

Snatches (half or full)

Speed Skaters



Workout B - Week 1&2

EQUIPMENT: Sandbag, Kettlebell & Timer
(you can supplement a kettlebell or dumbbell for a sandbag)

PHASE ONE - 10 MINUTES

Kick Through

Half Kneeling Windmill

40/40

Lateral Lunge to Standing Arc Press OR 2 Hand Overhead Press

PHASE TWO - 10 MINUTES

Axis Crawl

40 seconds

KB Complex Swing-Clean-Press

5 - 10 each side

USB RDL with a Row

5 - 10 each side

PHASE THREE - 10 MINUTES

Plank Reach

40 seconds

KB Double Bell Swing(5)-Clean(5)-Press(5)

40 seconds

Front Step Deadlift Row Clean

40 seconds

CONDITIONING - 10 MINUTE EMOM

M1 Gorilla Clean

35 seconds

M2 Walk Out Burpee (with optional jump)

35 seconds



Workout B - Week 3&4

EQUIPMENT: Sandbag, Kettlebell & Timer
(you can supplement a kettlebell or dumbbell for a sandbag)

PHASE ONE - 10 MINUTES

Spiderman Push Up

Full Windmill

Lateral Lunge into Back Lunge with Arc Press

PHASE TWO - 10 MINUTES

Axis Crawl 50 seconds - 1 minute

KB Complex Swing-High Pull-Snatch 5 - 10 each side

USB RDL with a Row Clean to Forward Lunge 5 - 10 each side

PHASE THREE - 10 MINUTES

Plank Reach with Push Up 40 seconds

KB Double Bell Swing(5)-Clean(5)-Jerk(5) 40 seconds

Lateral Deadlift Row Clean 40 seconds

CONDITIONING - 10 MINUTE EMOM

M1 Gorilla Clean 45 seconds

M2 Walk Out Burpee (with optional jump) 45 seconds