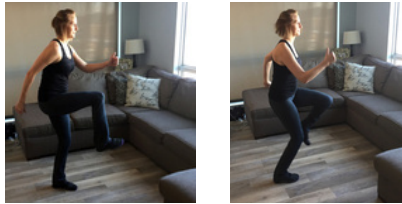


METCON A

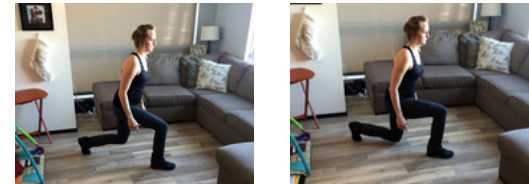
1A



HIGH KNEES IN PLACE

**INCREASE
DIFFICULTY:
GO FASTER**

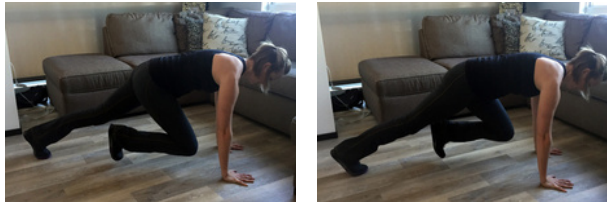
1B



SPLIT SQUAT PULSE

**INCREASE
DIFFICULTY:
PULSE LOWER**

1C



MOUNTAIN CLIMBERS

**INCREASE
DIFFICULTY:
PUT TOWEL
UNDER EACH
FOOT & SLIDE**

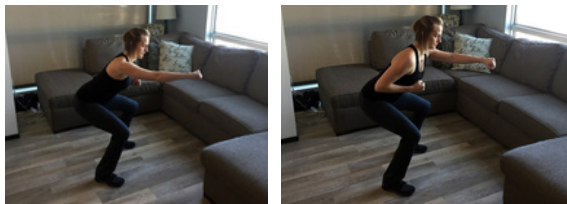
1D



INCLINE BURPEES

**INCREASE
DIFFICULTY:
GROUND
BURPEES**

1E



SQUAT HOLD + PUNCHES

**INCREASE
DIFFICULTY:
SQUAT LOWER,
PUNCH FASTER**

**WEEK 1-2: 2-3 ROUNDS (30S WORK, 30S REST)
WEEK 3-4: 3-4 ROUNDS (40S WORK, 20S REST)
WEEK 5-6: 4-5 ROUNDS (40S WORK, 20S REST)**

METCON B

1A

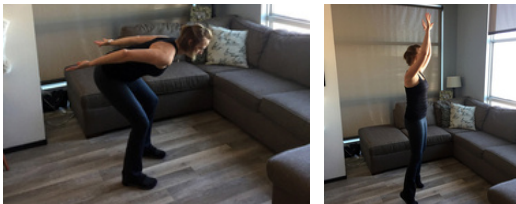


**JUMPING
JACKS**

**INCREASE
DIFFICULTY:**

GO FASTER

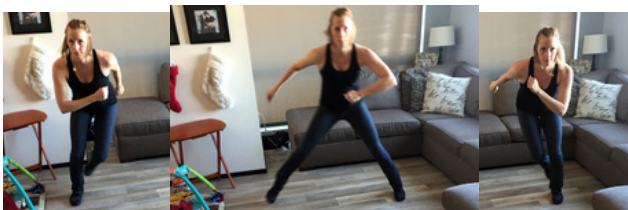
1C



**FULL
EXTENSIONS**

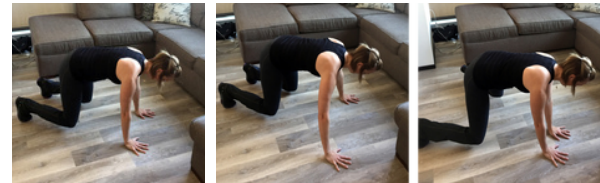
**INCREASE
DIFFICULTY:
SQUAT JUMPS**

1E



**SKATER
JUMPS**

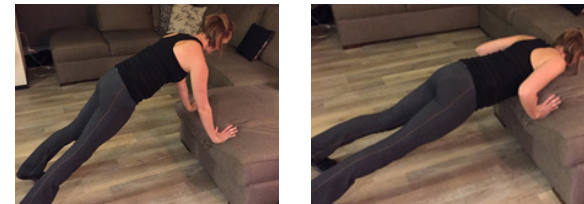
**INCREASE
DIFFICULTY:
JUMP FARTHER**



LATERAL CRAWL

1B

**INCREASE
DIFFICULTY:
GO FASTER**



**SPEED INCLINE
PUSH-UPS**

1D

**INCREASE
DIFFICULTY:
GROUND PUSH-
UPS OR CLAP
PUSH-UPS**

**WEEK 1-2: 2-3 ROUNDS (30S WORK, 30S REST)
WEEK 3-4: 3-4 ROUNDS (40S WORK, 20S REST)
WEEK 5-6: 4-5 ROUNDS (40S WORK, 20S REST)**