

Fitt4Fun

Warm up - 2 rounds

10/side Banded external rotation
(<https://www.youtube.com/watch?v=IbJRsqv2eEA>)

10 Scapular push ups
(<https://www.youtube.com/watch?v=zRww-ciwFEs>)

1 min Kettlebell goblet hold
(<https://www.youtube.com/watch?v=JEQirc0EzhE>)

10 US Swings
(<https://www.youtube.com/watch?v=8LAWcnqUVdk>)

5 Rounds for time

8/8 Single dumbbell push presses
(<https://www.youtube.com/watch?v=Xi4RGlyxQLE>)

12 Dual kettlebell bent over rows
(https://www.youtube.com/watch?v=7PqH9vHf3_M)

AMRAP 15' (As Many Rounds&Reps As Possible)

7 Toes to bars
(<https://www.youtube.com/watch?v=6FAatZDbUSY>)

14 US Swings
(<https://www.youtube.com/watch?v=8LAWcnqUVdk>)

7 Hand release push ups
(https://www.youtube.com/watch?v=GUEv_VuaSVo)

14 Jumping lunges
(https://www.youtube.com/watch?v=-8mCq8Vo_fU)

Every 5 minute on the minute: 5 Devil presses
(https://www.youtube.com/watch?v=6sn64Ts1m_A)

Pump4Fun

Shoulder pre-hab: 3 rounds

30 Band pull aparts

(<https://www.youtube.com/watch?v=VThkbrAwez8>)

5/5 Bottom up kettlebell presses

(<https://www.youtube.com/watch?v=UdoihCODaZY>)

10/10 Banded external shoulder rotations

(<https://www.youtube.com/watch?v=IbJRsQv2eEA>)

4 rounds

15 Dual dumbbell floor presses

(<https://www.youtube.com/watch?v=fkdcwNPKs1M>)

15 Dual kettlebell bent over rows

(https://www.youtube.com/watch?v=7PqH9vHf3_M)

15 Dual dumbbell scull crushers

(https://www.youtube.com/watch?v=q2j5i0_3was)

Arm pump finisher:

100 Banded pull aparts

(<https://www.youtube.com/watch?v=VThkbrAwez8>)

100 Banded face pulls

(https://www.youtube.com/watch?v=Z1kS6zC_rFU)

100 Banded triceps press downs

(<https://www.youtube.com/watch?v=1l3sm21XxJU>)

100 Banded biceps curls

(https://www.youtube.com/watch?v=VTKGz_ymnvc)

Monster WOD

AMRAP 25' (As Many Rounds&Reps As Possible)

8 Ground to overheads

(<https://www.youtube.com/watch?v=AqmiM26Ei-8>)

12 Plate sit ups

(<https://www.youtube.com/watch?v=Hg9wKX6FH0o>)

16 Wall balls

(<https://www.youtube.com/watch?v=nzEyfOp4OGQ>)

Every 5 minutes on the minute: 5 Burpee box jump overs

(<https://www.youtube.com/watch?v=LypbZkBHjE>)

