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<p>WARM - UP CS Activation</p> <p>WOD 5 Rounds (1 min. Rest) 60m Sled Push (135/95) 10 Box Jumps</p> <p>POST WOD CS Recovery Shoulder MOB</p>	<p>WARM - UP CS Activation</p> <p>WOD Deadlift 5.5.5.5.5</p> <p>POST WOD CS Recovery Shoulder MOB</p>	<p>WARM - UP CS Activation</p> <p>WOD 10 min. EMOM 100m Sprint</p> <p>POST WOD CS Recovery Shoulder MOB</p>	<p>WARM - UP CS Activation</p> <p>WOD 15 min. AMRAP 20 V Ups 50 Air Squats</p> <p>POST WOD CS Recovery Shoulder MOB</p>	<p>CS Activation/ Active Recovery</p>	<p>WARM - UP CS Activation</p> <p>WOD 4 Rounds 10 Sumo deadlift (135/95) 15 Front Rack Walking Lunges (135/95) 200m Run</p> <p>POST WOD CS Recovery Shoulder MOB</p>	<p>REST</p>
<p>WARM - UP CS Activation</p> <p>SKILL Pushup Plus Bottom up KB carry</p> <p>WOD 21, 15, 9 Front squat (135/95) Supine Ring Rows</p> <p>POST WOD CS Recovery</p>	<p>WARM - UP CS Activation</p> <p>SKILL Thoracic Rotation Tspine ext./flexion</p> <p>WOD 2k Row</p> <p>POST WOD Shoulder MOB</p>	<p>WARM - UP CS Activation</p> <p>SKILL Pushup Plus Bottom up KB carry</p> <p>WOD 7 min. EMOM 3 Power Clean (185/135) 5 Box Jump</p> <p>POST WOD CS Recovery</p>	<p>WARM - UP CS Activation</p> <p>SKILL Thoracic Rotation Tspine ext./flexion</p> <p>WOD 10 Rounds 10 Reegade Rows (55/35) 30 Double Unders</p> <p>POST WOD Shoulder MOB</p>	<p>CS Activation/ Active Recovery</p>	<p>WARM - UP CS Activation</p> <p>WOD "The Chief" 5x3 min. AMRAP (1 min. Rest) 3 Power Cleans (135/95) 6 Pushups 9 Squats</p> <p>POST WOD CS Recovery Shoulder MOB</p>	<p>REST</p>
<p>WARM - UP CS Activation</p> <p>SKILL L-Sit Wall Side</p> <p>WOD Run 1 Mile 10.8.6.4.2 Burpee/Supine Ring Rows Run 1 Mile</p> <p>POST WOD CS Recovery</p>	<p>WARM - UP CS Activation</p> <p>SKILL Hanging Scap Retract Hanging Ring Support</p> <p>WOD Back Squat 3.3.3.3.3</p> <p>POST WOD Strength</p>	<p>WARM - UP CS Activation</p> <p>SKILL L-Sit Wall Slide</p> <p>WOD Every 4 min. for 16 min. 500m Row 10 Hand Release Pushups 20 Abmat Stups</p> <p>POST WOD CS Recovery</p>	<p>WARM - UP CS Activation</p> <p>SKILL Hanging Scap Retract Hanging Ring Support</p> <p>WOD 3 Rounds 200m Run 5 Deadlift (275/185) 10 Burpee Over Bar</p> <p>POST WOD Strength</p>	<p>CS Activation/ Active Recovery</p>	<p>WARM - UP CS Activation</p> <p>WOD 1000m Row 20 Wall Balls/10 Pullups 750m Row 15 Wall Balls/8 Pullups 500m Row 10 Wall Balls/6Pullups * Strict Pullups</p> <p>POST WOD CS Recovery</p>	<p>REST</p>
<p>WARM - UP CS Activation+</p> <p>SKILL Arnold Press PVC Pass Through</p> <p>WOD 5 Rounds 5 Push Press 10 Pendlay Rows * Not for time</p> <p>POST WOD Strength</p>	<p>WARM - UP CS Activation+</p> <p>SKILL KB Arm Bar</p> <p>WOD 10min AMRAP 5 Front Squats (185/135) 30m Shuttle Run (10, 20, 30)</p> <p>POST WOD CS Recovery</p>	<p>WARM - UP CS Activation+</p> <p>SKILL Arnold Press PVC Pass Through</p> <p>WOD 3 Rounds 10 DB Thrusters (55/35) 15 Russian KB Swings (72/53) 20 Overhead Lunges</p> <p>POST WOD Strength</p>	<p>WARM - UP CS Activation+</p> <p>SKILL KB Arm Bar</p> <p>WOD Every 2 min. for 16 min. 4 Cleans (155/115) 6 Strict Pullups 9 Ring Push Ups</p> <p>POST WOD CS Recovery</p>	<p>CS Activation/ Active Recovery</p>	<p>WARM - UP CS Activation+</p> <p>WOD 5 Rounds (2min. Rest) 5 Power Snatch (115/75) 10 Burpees 15 Push Press (115/75)</p> <p>POST WOD Strength</p>	<p>REST</p>

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