

MOBILITY

90s/90s Couch Stretch
90s/90s Pigeon Stretch
Open Gate (10m)
Close Gate (10m)
Heel Walking (10m)
Toe Walking (10m)
Walking Lunges (10m)
Reverse Lunges (10m)
Lateral Lunges (10m)

DYNAMIC

High Knees (10m)
Butt kicks (10m)
Punter Kicks (10m)
Forward Skips (10m)
Backward Skips (10m)
Lateral Side Shuffle Down (10m)
Lateral Side Shuffle Back (10m)
2x:
10 Squats
10 Push Ups

AMRAP

15 MINS

25 Burpees
50 American KB Swings
75 Squat Jumps
100m Run

Share Reps, Both Run

FOR TIME

3 X

50 Sit ups + Plank
50 Sprawls + Wall Sit
50 Goblet Squat + Bottom
of Squat hold

1 is doing reps other is
holding static move.

i.e
I am doing sit ups while
partner is holding a
plank. Then switch

FOR TIME

20 MIN CAP

Partner A: Runs 800m
Partner B: AMRAP
Partner A: AMRAP
Partner B: Runs 600m
Partner A: Runs 400m
Partner B: AMRAP
Partner A: AMRAP
Partner B: Runs 200m
AMRAP
5/5 Push Press
10/10 Single Arm Swings
15/15 Suitcase DL

While 1 runs, 1 AMRAPs

AMRAP

12 MINS

20 Thrusters
40 Push Ups
80 Sit Ups
100 KB Russian Twist

1 partner working at a time. Each must
complete at least 1 rep of each
movement.

FOR TIME

30 MIN CAP

Wheel Barrow Partner A 25m
100 Burpee (between partners)
100 Squats (between partners)
100 Sit Ups (between partners)
Wheel Barrow Partner B 25m