


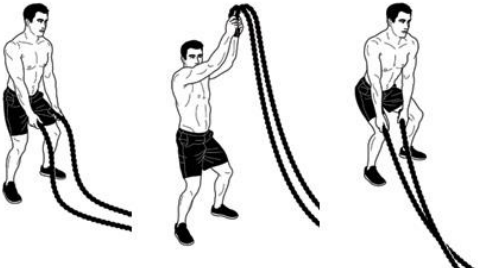
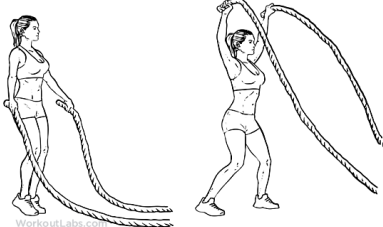






1	<p>Burpee slams: Alternate 3 double arm slams with one burpee, repeat and see how many burpee you can complete in 30 seconds</p>	
2	<p>Alternate wave/lateral lunge combo: Begin with feet close together and start to make alternate waves. Continue the alternate wave pattern with the arms as you lunge laterally (right to left) while swinging the ropes.</p>	
3	<p>Single arm plank waves: Begin in a plank position. With one arm, grab one side of the rope. Complete 5 single arm waves from plank position, then switch</p>	
4	<p>Double wave/jump squat combo: Start with a wide stance. This will be done on a four count. Begin making double waves as you lower into a deep squat, counting to three. On four, jump and begin the cycle again.</p>	
5	<p>Jacks: Hold both ends of the rope in your hands and walk towards the anchor a few steps so you have some slack. Next, perform jumping jacks with the ropes.</p>	

6	<p>Claps: Standing in a squat position, move the ropes in and out as though you were drawing an "s" pattern on the floor. The ropes should hit and "clap" each other along the way.</p>	
7	<p>Sandbag Zercher Squat: stand with your feet between hip-width and shoulder-width apart and hold the sandbag up at your chest with your arms wrapped around the bag. Squat down as low as possible, sitting your butt back and down while keeping your chest up. Make sure to sit back in your heels as you squat down. Do not come up onto your toes. Only go as low as you can with good form. Do not lean forward or let your back round.</p>	
8	<p>Bent-Over Row: hold a handle of the sandbag in each hand. You can use a variety of grips (holding parallel or with your palms facing away or toward you). Holding the sandbag straight down in front of you, bend your knees slightly and hinge over, keeping your back flat. Pull the bag up towards your chest.</p>	
9	<p>Up Right Row: Hold handles with an over grip and pull the bag up to your chin keeping your back straight. Try not to swing the bag up.</p>	
10	<p>Bear Hug Squat: turn the sandbag the long way and hug it in the middle, squeezing it tight in toward your chest. Your feet should be between hip-width and shoulder-width apart. Keeping your chest up and the sandbag hugged tight, sit your butt back and down. Squat as low as you can and sit back in your heels. Do not let your back round forward. Make sure your heels stay down as you sink as low as possible.</p>	