**Breathing Work:** Spend 1 minute in the top of a glute bridge

**Soft Tissue Work:** Roll the glutes for 1 minute on each side with a lacrosse ball

**Movement Prep:** 6 MMA glute bridges on each side

**Warm up:** 3 rounds:

5 Deadlifts or 5 power cleans or squat cleans or 5 barbell glute bridges

8 Squat thrusts

5 Light power cleans or 5 KB power cleans

**Skill:** Review the strength work for the day

**Strength:**

**Strength Option:** Deadlift: work up to a heavy set of 4. This should be around 85% of your 1 RM. Then complete 3 sets of 7 reps of a Romanian Deadlift.

**Olympic Lifting Option:** Power or squat clean: work up to a heavy set of 3 reps, then complete 3 sets of 3 reps with a 3 second pause just off the ground on each rep with 75% of your heavy set of three.

**Green strength Option**: Deadlift or barbell glute bridge: Work up to a heavy set of 6 reps in either the deadlift or glute bridge. Then complete 3 sets of 8 reps with a moderate weight

**Conditioning: “Snowy Owl”**

**Black or RX:** Complete as many rounds and reps as possible in 7 minutes of:

7 Burpee box jumps 24”/20

7 Power cleans 115#/80

**Green or Scaled:** Complete as many rounds and reps as possible in 7 minutes of:

7 Squat thrust step ups 20”/16

7 Kettlebell power cleans 70#/53

**Blue or RX+:** Complete as many rounds and reps as possible in 7 minutes of:

7 Burpee box jumps 30”/24

7 Power cleans 155#/105

**Recovery:** Spend 1 minute in a banded hamstring stretch on each side

**Optional Challenge:** Complete 3 rounds for time:

**Black or RX:**

10 Bodyweight lunges on each leg

15 Double unders

**Green or Scaled:**

10 Bodyweight lunges on each leg

45 Single unders

**Blue or RX+:**

12 Bodyweight lunges on each leg

25 Double unders