**Breathing Work:** Complete 1 minute in standing straddle

**Soft Tissue Work:** Roll the back with a foam roller for 1 minute

**Movement Prep:** Try out the dead bug with a dumbbell or kettlebell! Complete 8 reps

**Warm up:** 3 rounds of:

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

8 Bodyweight lunges on each leg

8 Ring rows

**Skill:** Review the RDL!

**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: “Black Plague”**

**Black or RX:** 5 rounds of:

5 Power cleans 135#/95

5 Dumbbell lunges on each leg 50#/35

5 Ring dips with a band

**Green or Scaled:** 5 rounds of:

5 Power cleans 115#/80 or KB power cleans 70#/53

5 Dumbbell lunges on each leg 35#/20 or bodyweight lunges

10 Ring rows

**Blue or RX+:** 5 rounds of:

5 Power cleans 155#/95

5 Dumbbell lunges on each leg 50#/35

5 Ring dips

**Recovery:** Spend 1 minute in pigeon on each side

**Optional Challenge:**

**Black or RX:** 20 box jumps 24”/20

**Green or Scaled:** 20 alternating step ups 20”/16 (total)

**Blue or RX+:** 20 box jumps 30#/24