**Breathing Work:** Spend 1 minute in fragon on each side

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

**Movement Prep:** Complete 18 quad blasters!

**Warm up:** 3 rounds of:

5 Back Squats or 5 power or squat snatches or 5 goblet squats

8 Ring rows

30 Jump rope swings

**Skill:** Review the strength work for this week

**Strength:**

**Strength Option:** Back Squat: work up to a heavy set of 4 reps. This should be around 85% of your 1 RM. Then take 70% of your heavy set of 4 and complete 3 sets of 5 front squats!

**Olympic Lifting Option:** Power or squat snatch: work up to a heavy set of 3 reps, then complete 3 sets of 3 reps with a 3 second pause just above the ground on each rep.

**Green strength Option**: Goblet Squats: work up to a heavy set of 6 reps in the goblet squat. Then complete 3 sets of 5 reps with a 3 second pause at the bottom of each rep.

**Conditioning: “Frostbite”**

**Black or RX:** Complete 4 rounds for time of:

9 Power snatches 95#/65

24 Double unders

9 Kipping pull ups

24 Double unders

**Green or scaled:**  Complete 4 rounds for time of:

9 Bucket tosses 20#/15

72 Single unders

5 Dead hang or assisted pull ups

72 Single unders

**Blue or RX+:** Complete 4 rounds for time of:

9 Power snatches 115#/80

24 Double unders

9 Chest to bar pull ups

24 Double unders

**Recovery:** Spend 1 minute in twisted cross on each side

**Optional Challenge:**

**Black or RX:** 3 rounds for time of:

5 Hang cleans 95#/65

5 Box jumps 24”/20

**Green or Scaled:** 3 rounds for time of:

8 Shoulder height kettlebell swings 53#/35

5 Step ups on each leg

**Blue or RX+:** 3 rounds for time of:

5 Hang cleans 135#/95

5 Box jumps 30”/24