**Breathing Work:** Spend 1 minute in a deep squat position with your hands on the rig for assistance. During the minute, “hunt” around to find tighter areas of your squat to work on.

**Soft Tissue Work:** Roll each quad with a barbell for 1 minute

**Movement Prep:** Perform 4 deep squats with diagonal reach on each side

**Warm up:** 3 rounds of:

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

8 Squat thrusts

30 Single unders

**Skill:** Work to add a small amount of weight to your heavy set from last week’s effort!

**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: “Alligator Bite”**

**Black or RX:**  In 10 minutes, complete as many rounds and reps as possible of:

30 Double unders

10 Burpees

3 Dead hang pull ups

**Green or scaled:** In 10 minutes, complete as many rounds and reps as possible of:

10 Double under attempts

10 Squat thrusts

3 Assisted pull ups

**Blue or RX+:** In 10 minutes, complete as many rounds and reps as possible of:

30 Double unders

10 Burpees

3 Bar Muscle ups

**Recovery:** Spend 1 minute in saddle pose

**Optional Challenge:** Complete the following for time:

**Black or RX:** 20 Alternating dumbbell snatches 50#/35 (total)

**Green or Scaled:** 30 Shoulder height kettlebell swings 53#/35

**Blue or RX+:** 14 Alternating dumbbell snatches 70#/50 (total)