**Breathing Work:** Spend 1 minute in downward dog

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

**Movement Prep:** Complete 2 rounds of a crucifix stretch for 30 seconds. Rest 15 seconds in between each set

**Warm up:** 3 rounds for time of:

4 Alternating dumbbell snatches on each arm or 10 slam balls 20#/15

4 T-rotation push-ups on each arm

10 calories on the rower or the Air-Bike or the Ski-Erg

**Skill:** Review 3 cues for an efficient dumbbell snatch

**Conditioning: “Formal Chicken”**

**Black or RX option:** Complete 5 rounds of the following:

1 minute of Alternating dumbbell snatches 50#/35

1 minute of Push ups

1 minute of Rowing for calories

1 minute of Wall balls 20#/14

1 minute of rest

**Green or scaled option:** Complete 5 rounds of the following:

1 minute of Slam balls 20#/15

1 minute of Assisted push ups

1 minute of Rowing for calories

1 minute of Air squats

1 minute of rest

**Blue or RX+ option:**  Complete 5 rounds of the following:

1 minute of Alternating dumbbell snatches 70#/50

1 minute of Handstand push ups

1 minute of Air-bike for calories

1 minute of Wall balls 30#/20

1 minute of rest

**Recovery:** Spend 1 minute in saddle eagle on each side

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

**Black or RX Option:**

5 Dumbbell deadlifts 50#/35

5 Toes to bar

**Green or Scaled Option:**

5 Dumbbell deadlifts 35#/20

5 Hanging knee raises / hanging striahg tleg raises / 5 push up position shoulder taps on each arm

**Blue or RX+ Option:**

5 Dumbbell deadlifts 70#/50

5 Toes to bar