**Breathing Work:** Spend 1 minute in child’s pose

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

**Movement Prep:** Complete 12 Spanish squats!

**Warm up:** 3 rounds of:

3 T-rotation push ups on each side

10 Shoulder height kettlebell swings 53#/35

15 Air Squats

**Skill:** Review how to maintain your air squat form, while moving fast

**Conditioning: “Disney +”**

**Black or RX option:**  Complete 5 rounds on the 4:00. Rest any remaining time between rounds.

30 Air squats

20 Shoulder height kettlebell swings 70#/53

15 Push ups

**Green or scaled option:** Complete 5 rounds on the 4:00. Rest any remaining time between rounds.

20 Air squats

20 Shoulder height kettlebell swings 53#/35

15 Assisted push ups

**Blue or RX+ option:** Complete 5 rounds on the 4:00. Rest any remaining time between rounds.

30 Air squats

20 Overhead kettlebell swings 70#/53

10 Handstand push ups

**Recovery:** Spend 1 minute in low dragon on each side

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

**Black or RX Option:** 40 double unders

**Green or Scaled Option:** 120 single unders

**Blue or RX+ Option:** 75 double unders