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

**Soft Tissue Work:** Roll the lats for 1 minute on each side with a foam roller

**Movement Prep:** Complete 6 dead bugs with a foam roller on each arm/leg

**Warm up:** 3 rounds of**:**

8 Bodyweight lunges on each side

10 Shoulder height kettlebell swings 53#/35

15 Air squats

**Skill:** Review 3 cues for a great plate or barbell overhead lunge

**Conditioning: “Stranger Things”**

In 18 minutes, complete as many rounds and reps as possible of:

**Black or RX option:**

5 Ring Dips with band assistance

5 Plate overhead lunges 45#/25 on each leg

10 Toes to bar

10 Shoulder height kettlebell swings 70#/53

20 Air squats

**Green or scaled option:**

5 Ring rows

5 Goblet 53#/35 or bodyweight lunges on each leg

10 Hanging knee raises / hanging leg raises / 5 push up position shoulder taps on each arm

10 Shoulder height kettlebell swings 53#/35

20 Air squats

**Blue or RX+ option:**

5 Ring muscle ups

5 Barbell overhead lunges on each leg 75#/55

10 Toes to bar

10 Overhead kettlebell swings 70#/53

20 Air squats

**Recovery:** Spend 1 minute in seal or sphinx pose

**Optional Challenge:**

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

3 Dumbbell thrusters 35#/20

15 mountain climbers on each leg

**Green or scaled option:** 3 rounds for time of:

3 Dumbbell squats 35#/20 or goblet squats 53#/35

15 Mountain climbers on each leg

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

3 Dumbbell thrusters 50#/35

15 mountain climbers on each leg