**Breathing Work:** Spend 1 minute working through the unilateral hamstring stretch on each leg

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

**Movement Prep:** Complete 8 single leg deadlifts on each leg.Add a light kettlebell in one hand if you feel comfortable.

**Warm up:** 3 rounds of:

5 Deadlifts

1 RKC plank for 20 seconds

10 Calories on the rower or the Air-bike

**Skill:** Review how to keep your back safewhen approaching a big set of deadlifts

**Conditioning: “Message in a Bottle”**

**Black or RX option:** Complete 3 rounds of:

250 meter row

15 Deadlifts 225#/155

25 Wall Balls 20#/14

Rest 3 minutes in between each round.

**Green or scaled option:** Complete 3 rounds of:

250 meter row

15 Deadlifts 135#/95

25 Lighter wall balls or air squats

Rest 3 minutes in between each round.

**Blue or RX+ option:** Complete 3 rounds of:

15 Calories on the Air-bike

12 Deadlifts 275#/185

20 Wall Balls 30#/20

Rest 3 minutes in between each round.

**Recovery:** Spend 1 minute working through cat and camel

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

**Black or RX option:** 20 kipping pull ups

**Green or scaled option:** 10 dead hang or assisted pull ups

**Blue or RX+ option:** 20 chest to bar pull ups