**Breathing Work:** Complete 1 minute of thread the needle on each side with a foam roller

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

**Movement Prep:** Complete 15 banded pull downs on the rig!

**Warm up:** 3 rounds:

5 Bench Press reps or 5 push or split jerks or 5 landmine presses on each shoulder

5 Side bridge reach and squeeze reps

10 Good mornings with a PVC pipe

**Skill:** Review the spoto press

**Strength:**

**Strength Option:** Bench Press: 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 spoto presses!

**Olympic Lifting Option:** Push or split jerk: work up to a heavy set of 3 reps, then complete 3 sets of 3 reps with a 3.

**Green strength Option**: Landmine press: work up to a heavy set of 6 reps on each shoulder. Then complete 3 sets of 6 reps on each shoulder with a moderate weight.

**Conditioning: “Trash Panda”**

**Black or RX:** Every 2 minutes, complete the following. Rest the remainder of the time. Complete 5 total sets.

10 Deadlifts 115#/80

6 Front squats

4 Shoulder to overhead reps

**Green or Scaled:** Every 2 minutes, complete the following. Rest the remainder of the time. Complete 5 total sets.

10 Kettlebell deadlifts 70#/53

6 Goblet squats

6 Assisted push-ups

**Blue or RX+:** Every 2 minutes, complete the following. Rest the remainder of the time. Complete 5 total sets.

10 Deadlifts 135#/95

6 Front squats

4 Shoulder to overhead reps

**Recovery:** Spend 1 minute in inverted pigeon on each side

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

**Black or RX option:**

1 Kettlebell carry 70#/53 down and back

8 Burpees

**Green or Scaled option:**

1 Kettlebell carry 53#/35 down and back

8 Squat thrusts

**Blue or RX+ Option:**

1 Kettlebell carry 88#/62 down and back

8 Burpees