**Breathing Work:** Spend 1 minute in saddle eagle on each side

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

**Movement Prep:** Complete 8 yoga-plex push ups

**Warm up:** 3 rounds of:

5 Bench press reps or 5 push or split jerks or 5 landmine presses on each side

5 Dumbbell push presses or 8 slam balls 20#/15

25 Ankle hops

**Skill:** Review how to pack the shoulders in the bench 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: “Unicorn Puppy”**

**Black or RX:** Complete the following descending ladder from 8 to 1 of:

Toes to bar

Dumbbell Push Presses 35#/20

Box jumps 24”/20

**Green or Scaled:** Complete the following descending ladder from 8 to 1 of:

Hanging knee raises / hanging straight leg raises, or push up position shoulder taps on each arm

Slam Balls 20#/15

Step ups on each leg 20”/16

**Blue or RX+:** Complete the following descending ladder from 8 to 1 of:

Toes to bar

Dumbbell Push Presses 50#/35

Box jumps 24”/20

**Recovery:** Spend 1 minute in the side lying twist on each side

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

**Black or RX option:** 20 thrusters 75#/55

**Green or Scaled option:** 20 KB squat cleans 53#/35

**Blue or RX+ option:** 20 thrusters 95#/65