

ANAMAEIOUS

- 2 ARM SWING (30)
- SUICIDE SPRINTS TO 30 YD LINE
- 1 ARM SWING (15 EACH ARM)
- SUICIDE SPRINTS TO 40 YD LINE
- HAND TO HAND SWITCH
- SUICIDE SIDE TO SIDE SHUFFLE TO 30 YD LINE
- HALF SQUAT AROUND THE BODY PASS (20 REVOLUTIONS EACH DIRECTION)
- 220 YARD SPRINT
- KB DEADLIFTS (15 EACH LEG)
- SUICIDE SIDE TO SIDE SHUFFLE TO 30 YD LINE
- FRONT LUNGE WITH TWIST (15 EACH LEG)
- SUICIDE BACKWARD SPRINTS TO 40 YD LINE
- HALF SQUAT AROUND THE BODY PASS (20 REVOLUTIONS EACH DIRECTION)
- 220 YARD SPRINT
- TRAVELING KETTLEBELL WALK (PERFORM TRAVELING KETTLEBELL WALK OUT TO 20 YARD LINE, TURN, AND THEN REPEAT BACK TO THE GOAL LINE)
- SUICIDE SPRINTS FOR 60 YARDS

FINISH WITH AB BLAST AND STRETCH

*NOTE: For the suicide sprints make sure you do a sprint at each 10 yard interval. (for example., sprint to 10 yard line and return to goal line, then sprint to 20 yard line and return to goal line, then sprint to 30 yard line and return to goal line, etc).

KETTLEBELL BLAST

CRIXUS CHALLENGE

- 2 MILE RUN
 - 100 TWO ARM SWINGS
 - 100 HURDLE HOPS
 - 100 HAND TO HAND SWINGS
 - 50 SQUAT AND PRESS (EACH ARM)
 - 50 DEADLIFTS (EACH LEG)
 - 50 JUMP THROUGHES
 - 50 DOWN AND UNDER SIDE LUNGES (25 EACH LEG)
 - 10 TURKISH GET-UPS
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KETTLEBELL FULL-BODY CARDIO BLAST

- AROUND THE BODY PASS
 - 2 ARM SWING
 - GOBLET SQUAT
 - 1 ARM SWING (R)
 - 1 ARM SWING (L)
 - 1 ARM PRESS (R)
 - FRONT LUNGE (R)
 - 1 ARM PRESS (L)
 - FRONT LUNGE (L)
 - 1 ARM ROW (R)
 - BACK LUNGE (R)
 - 1 ARM ROW (L)
 - BACK LUNGE (L)
 - AROUND THE BODY PASS
 - LATERAL LUNGE (R)
 - BICEP CURL
 - LATERAL LUNGE (L)
 - BICEP CURL
 - 1 LEG DEADLIFT (R)
 - 1 ARM ROW (R)
 - 1 LEG DEADLIFT (L)
 - 1 ARM ROW (L)
 - BOB & WEAVE
 - BICEP CURL
 - ½ SQUAT ABP/TRICEP EXTENSION
 - GET UP SIT UP (L&R)
 - KNEES TO CHEST
 - KB CRUNCH
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KETTLEBELL

LOWER-BODY/CARDIO BLAST II

- 2 ARM SWING
 - SQUAT & PRESS (2 HAND PRESS)
 - JUMP SQUAT
 - STIFF LEGGED DEADLIFT
 - HAND TO HAND SWING
 - FRONT LUNGE W/TWIST/1 LEG DEADLIFT (R)
 - JUMPING LUNGE
 - FRONT LUNGE W/TWIST/1 LEG DEADLIFT (L)
 - JUMPING LUNGE
 - SQUAT HIGH PULL
 - JUMP THROUGHHS
 - BACK LUNGE/1 LEG DEADLIFT (R)
 - JUMPING LUNGE
 - BACK LUNGE/1 LEG DEADLIFT (L)
 - JUMPING LUNGE
 - LATERAL LUNGE
 - ½ SQUAT ABP
 - LOW WINDMILLS
 - STANDING SIDE KNEE CRUNCH
 - RUSSIAN TWIST
 - HOT POTATO
 - GET-UP SIT-UP
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KETTLEBELL

UPPER-BODY/CARDIO BLAST

- 2 ARM SWING/DIVE THROUGHHS
 - GOBLET SQUAT/4 COUNT KB CURL
 - 1 ARM SWING/2 HAND TRICEP EXTENSION
 - 1 ARM SWING/2 HAND TRICEP EXTENSION
 - SHIFT PUSH-UPS
 - CROSS-BODY MOUNTAIN CLIMBERS
 - 1 ARM CLEAN & PRESS/1 ARM B/O ROW (R)
 - 1 ARM CLEAN & PRESS/1 ARM B/O ROW (L)
 - 1 ARM KNEE TO ELBOW OBLIQUE CRUNCH/1 ARM CURL
 - 1 ARM KNEE TO ELBOW OBLIQUE CRUNCH/1 ARM CURL
 - PIKE PUSH-UP LEG SPREADER
 - KB SKULL CRUSHERS
 - ABS
 - SIDE BENDS
 - V-UPS
 - PULL-OVERS
 - HOT POTATO
 - KB AB SWING
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