

warmup:

5:00 easy AD

5:00 30/30 (30 seconds hard, 30 seconds less hard)

workout:

2:00 work, :30 to switch

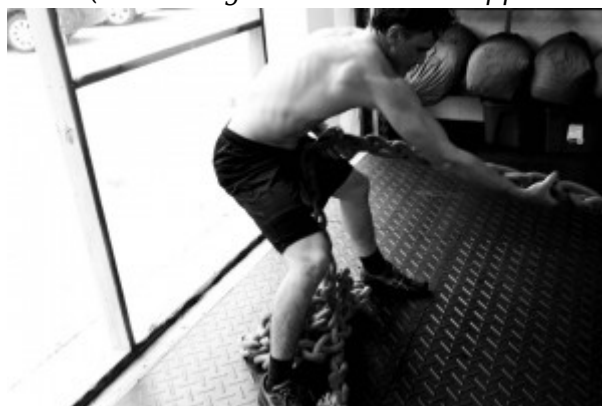
gimme-gimme +40# of chain 10x bulgarian bag spins each direction

2x25-45# DB bridge press on BOSU (rest must be taken at full extension)

5 rounds, rest 3:00 between each.



*to execute a gimme-gimme: sprint with a 30' fat rope over one shoulder (extra weight hooked to the opposite end)*



*turn, square your feet, and coil the rope by pulling hand over hand (enough weight will reinforce proper body mechanics)*



*when you get to the end, throw rope onto the opposite shoulder and repeat.*



*kevin recently started training regularly again, he was feeling "soft" from working a desk job and*



*answering phones all day...*

*a few months back in the saddle and the hard edges start to come back*

