

Warmup on the rower

work up to heavy OHS

6×2 @ 155# (85% pr) OHS, rest plenty between

10x SOTS press

10x SOTS press @ 10#

5x SOTS press @ 15#

20x pullups

today was scheduled for a power/endurance, it was meant to be ugly. it was not in the cards.

still adjusting to the new schedule, but i am screwing up less, and that is progress.