

warmup:

work up to heavy DL(got 405# off the ground, but couldnt seal the deal. 385# made it up slowly, but cleanly.)

5 deadlift @ 95 + 2x 36# kb on mini-monster bands

5x zercher squats w/ slosh pipe

2x each 1LDL @95 + 2x 36# kb on mini-monster bands

2x 20yd 4x OH walking lunge + 4x push press (sloshpipe)

20yd Kettle Bear crawl (2×53#)

20 yard overhead carry(2×53#)

1-6 box jump ladder @ 24"

or

1-6 step up ladder w/ racked KB

airdyne while everyone else gets a turn

1 minute max calories on airdyne

dylan:28

kevin:41

emily:26

pat:30

-b: 40