



GO FAR
FITNESS

FUNCTIONAL Sample Workout

“SURFACE PATTERN”

10:00 AMRAP:

1/1, 2/2, 3/3, 4/4, etc.

Wall walks

Hang power clean (175/115)

Then,

10:00 to find a heavy complex of 1 hang power clean + 3 power cleans

GO FAR WITH TOVAR:

- Fast, confident singles on the barbell. Tight and light on the wall!**
- Hands stay on the bar during the complex!**

LIVE: 95/65, box walks or modified wall walks

TRAIN: 135/95

COMPETE: As written

AT HOME/TRAVELER

10:00 AMRAP:

1/1, 2/2, 3/3, 4/4, etc.

Wall walks

Hang power clean (DB's/odd objects)

Score = reps and complex weight

GO FAR LIFESTYLES TASK:

**Eat one red vegetable and one red fruit!
More colors are always welcome.**