



FUN

Sample Workout

“SURFACE PATTERN”

12:00 AMRAP:

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

Wall walks or modified wall walks

Hang power clean (DB's/odd objects)

Then,

Every :45 for 9:00-

**1 hang power clean + 3 power cleans
(DB's/odd object)**

GO FAR WITH TOVAR:

- Tight and light on the wall!**
- Modify wall walks to a half wall walk or odd object strict press**

Score = reps

GO FAR LIFESTYLES TASK:

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