



Evolution 1	Evolution 2	Evolution 3
<p>Warm-Up: 2 Rounds of: 8 Combat Squats 4 Squat Jumps 8 Push-Ups 4 Clapping Push Ups 200m Jog</p> <p>WOD: A- 5 Rounds of: 10x Alternating One Arm Floor Press (keep increasing weight until 10 is hard but doable) 10x One Arm Dumbbell Row (keep increasing weight until 10 is hard but doable) Downward Dog at the Wall Stretch B- 5 Rounds of: 10x Russian Twist with Dumbbell 25/15 25m Combat Down/Back Shuttle Sprint</p>	<p>Warm-Up: 3 Rounds of: 5x Tactical Get-Ups 5x Push-Ups 4x 40-Foot Shuttle Runs Sampson Stretch</p> <p>WOD: A- AMRAP in 10 minutes of: 10x Dumbbell Thrusters 40/20# 5x Tactical Get-Ups B- 4 Rounds of: 6x American Kettlebell Swings 53/35# 6x Band Anti-Rotation Press 6x Kneeling Half Moon with Dumbbell</p>	<p>Warm-Up: 2 minutes of Jump Rope Then...</p> <p>2 Rounds of: Shoulder Rotation Complex 10x Air Squats</p> <p>WOD: A- Tabata Air Squats (:20 seconds of work for max reps followed by :10 seconds of rest) for 4 minutes (8 rounds) B- AMRAP in 20 minutes of: 1 ¼ Push-Ups (do the same number that you scored your lowest round of Air Squats from Part A) 400m Run</p>

All exercise demos can be found at <https://www.kravhiit.us/free-exercise-database-with-videos.html>