



Evolution 1	Evolution 2	Evolution 3
<p>Warm-Up: 3 Rounds of: 200m Jog 5 Air Squats 5 Squat Jumps 5 Push-Ups 5 Clapping Push-Ups</p> <p>WOD: A- Run 3 miles (record time) B- 3 Rounds for time of: 5x V-Ups 1 minute Plank Hold 5x Spiderman Push-Ups 10x Russian Twist with Dumbbell 25/15</p>	<p>Warm-Up: 3 Rounds of: 3x Renegade Row w/ Push-Up 25/15 :30 seconds of Touch Jump Touch Pendulum Sampson Stretch</p> <p>WOD: A – 8 Rounds of: 8x Front Squats 4x Pull-Ups B – 7 Rounds of: 10x DB / KB Swings 35/26 5x DB / KB Thrusters 10x DB / KB Crunch C – 4 Rounds of: 20/20 Standing Founder 15x Bird Dog 6x Side Plank with Twist</p>	<p>Warm-Up: 3 Rounds of: Run 100m 5 Push-Ups 10 Sit-Ups 15 Air Squats</p> <p>WOD: A – 5 Rounds of: Run 800m Rest exactly half the time it took you to run. Try to keep each round the same time. B – 8 Rounds for max reps of: :20 seconds EOS :20 seconds Sit-Ups :20 seconds Rest</p>

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