



Evolution 1	Evolution 2	Evolution 3	Evolution 4	Evolution 5
<p><b>Warm-Up:</b>            3 Rounds            2x Bruce Lee            6x Goblet Squats            6x Push ups            Leg Stretch Complex            Lat + Pec Stretch</p> <p><b>Evolution:</b>            (1) 8 Rounds            2x Bruce Lee - Increase load rapidly each round until 2x is hard, but doable            2/5x Pull Ups            Pigeon Stretch</p> <p>Comments:            Aim to finish this session in 30-35 minutes.</p>	<p><b>Warm-Up:</b>            3 Rounds            10x Squats            10x Spiderman Push ups            Run 100m            Samson Stretch</p> <p><b>Evolution:</b>            (1) 4 Rounds for time of:            Run 400m            50 Round kicks or 50 Double-Unders</p>	<p><b>Warm-Up:</b>            3 Rounds            10x Goblet Squat            10x Box Jumps            10x Push Ups</p> <p><b>Evolution:</b>            (1) 4 Rounds            Combat Pro Agility Drill            Rest 60 seconds between efforts            (2) Repeat (1) Wearing Weight Vest            (3) AMRAP in 20 minutes:            10x Dumbbell Thrusters            5x Toes to Bar (strict)            10x Sandbag Explosive Drop Squat            15/15 Standing Founder</p>	<p><b>Warm-Up:</b>            3 Rounds            5x Walking Lunge            5x Renegade Row            Lat + Pec Stretch</p> <p><b>Evolution:</b>            (1) 8 Rounds            4x Dumbbell Walking Lunge Increase load rapidly each round until 4x is hard, but doable            3/6x Towel Pull Ups            Pigeon Stretch            (2) Foam Roll IT Band</p> <p>Comments:            Aim to finish this session in 30-35 minutes.</p>	<p><b>Warm-Up:</b></p> <p><b>Evolution:</b>            (1) Run 5k (3.1 miles)</p>

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