

Warm up:

30s Plank Punches
6 Inchworm
20m Bear Crawls F+B
rest 60 sec and back to 1

Coach's Notes: DB Complexes for Coordination

These DB Complexes each week are here to challenge your coordination with a relatively light load. Learn how to transition between these exercises or otherwise you'll find yourself running low on time in the EMOMs.

A) Upper Body Push Pull Superset: 3 sets

1. SA Half Kneeling DB Shoulder Press 5-7 reps/arm @2111
rest 30 sec
2. Renegade Row 10 reps @2121
rest 60 sec and back to 1

B) Coordination Low Volume Conditioning

EMOM 6-8
Aim for 2-3 Complexes on each arm

SA DB Thruster + SA DB Snatch

C) Lower Body Push Pull: 3 sets

- 12 SA DB Overhead Lunges (6/side)
rest 30 sec
2. Hand Assisted Single DB RDLs 10/side @3111
rest 30 sec

D) Short AMRAP Challenge

3 min continuous work

- 6 Dual DB Deadlift
- 6 Dual DB Hang Clean
- 6 Dual DB Push Press

1 min Dual DB Front Rack Carry

rest once done and repeat 2-3x

Cool Down:

- 1 min Low Lizard L
- 1 min Low Lizard R
- 1 min Butterfly Sit



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