

### **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 exercise 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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