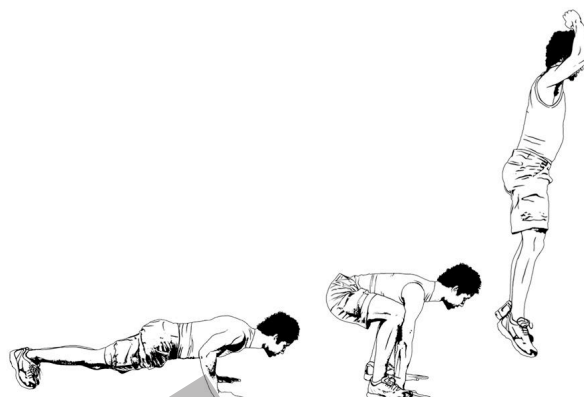


Rowing Machine

Start WOD with a 1500m row.



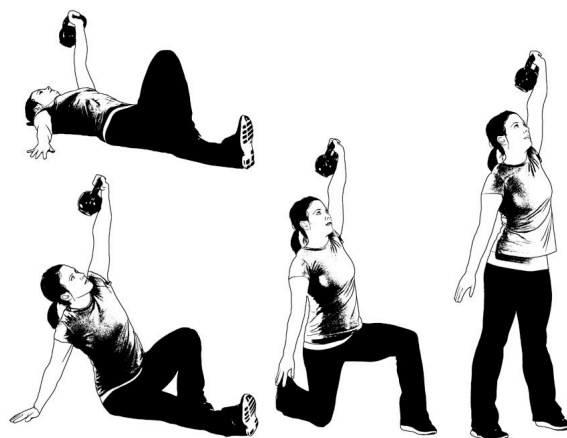
Burpee

Get on the stall mats and complete Burpees x 60 seconds, then move to the next exercise. You will complete 4 cycles of these next movements.



Wall Ball

Next, find a 20- pound medicine ball and complete 15 Wall Ball throws against the back wall.



Kettlebell Turkish Get Up

Finally, grab a 12 kg kettlebell and perform 10 reps of Turkish Get Ups on both sides. Once done with these, start over with Burpees.