



MONDAY 3.16



WORKOUT OF THE DAY (WOD)

MINIMAL EQUIPMENT

For Quality

10-9-8-7-6-5-4-3-2-1

TGU (milk jug/DB/KB/Bag of Rice)

Goblet Squat (Same implement as above)

BODY WEIGHT

20-18-16-14-12-10-8-6-4-2

Sit Ups

Prisoner Squats

Starting and EMOM: 3 Burpees

AUX

Accumulate 100 Walking Lunge Steps in AFSAP

For a better us.