



**WITH  
YOU**

**WEDNESDAY 3.18**



## **WORKOUT OF THE DAY (WOD)**

### **MINIMAL EQUIPMENT**

**Grab a duffle bag/bookbag and fill with anything you can find for weight**

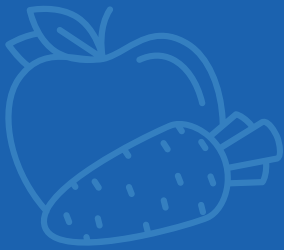
**Alternating EMOM for 20 Minutes**

**Min 1: 20 Bag Ground to Overheads**

**Min 2: 20 Bag Bent Rows**

**Min 3: 20 Bag Deadlifts**

**Min 4: 20 Bag Swings**



**For a better us.**