



Buy In:

- 2 Mile Run

20 Rounds:

- 3 BB
- 6 Push Ups
- 9 BW Squats

Buy Out:

- 2 Mile Run

Further Explanation:

- Can always sub out running for another piece of aerobic work(row/bike).
- This one is very grindy and you can always cut the distance and/or rounds down if needed!
- Otherwise, focus on the integrity of the movements and full range of motion each rep!

