



5 Rounds:

- 20 Pull Ups
- 20 Db Alt Snatches(ttl)
- 400m Run

Or →

10 Rounds:

- 10 Pull Ups
- 10 Db Alt Snatches(ttl)
- 200m Run

Further Explanation:

- Solid conditioning piece here. If you have access to a pull up bar and a dumbbell, this is always a great workout!
- Main goal is to find a pace that allows you to constantly keep moving! Slower is better than not moving at all, try to remember that!
- Choose your round choice based off your abilities. Pull ups do not need to be unbroken(UB)
- Goal weight for the snatch is 35/50#. Get as close to that as possible!

