

KB & DB STR

MOB: Video  
3min WGS sequence

KB WU 2:  
3rds  
10x Goblet Lunge  
10x Goblet Press  
10x Prying Goblet Curl

3sets  
- 2+2 TGU  
- 5+5 SA Press  
- 5+5 Split clean

5sets  
5x3" 1/2Kneeling Press  
5+5 Snatch +reps  
10x Floor press +reps  
Rest 1-2min

Finisher  
10-1  
Pushups  
10x Reverse Sit-up