

# Training Log (Plan A)

Cycles: 7 Rest: 25 secs Effort: 35 secs

==> Goal: Do 3 total rounds as a single workout <==

	EXERCISE	COACHING NOTES	EFFORT 1	EFFORT 2	EFFORT 3	EFFORT 4	YOUR WINS
1A	<b>Goblet Clean to Thruster</b> Alternative: Either one on its own	<ul style="list-style-type: none"> <li>Assume KB deadlift position</li> <li>Drive w/ hips &amp; catch KB by horns</li> <li>Keep elbows in &amp; under weight</li> <li>Then do a Goblet Squat</li> <li>And drive into two-handed press</li> </ul>					
1B	<b>Mountain Climber</b> Alternative: Plank Jacks, Jump rope	<ul style="list-style-type: none"> <li>Assume push-up position</li> <li>Bring one knee toward chest</li> <li>Alternate knees at fast tempo</li> <li>Elevate hands to make easier</li> </ul>					
1C	<b>Tactical Reverse Lunge</b> Alternative: Regular Reverse Lunge	<ul style="list-style-type: none"> <li>Hold weight on one side</li> <li>Step back &amp; pass weight through forward leg, outside to inside</li> <li>Stand up with weight on other side</li> </ul>					
1D	<b>Burpee + Push-Up</b> Modify: Elevate Hands	<ul style="list-style-type: none"> <li>Squat &amp; place hands on floor</li> <li>Jump into plank &amp; do p-up</li> <li>Jump feet up toward hands</li> <li>Stand up with/wo jump</li> </ul>					
1E	<b>Two-Handed Swing (KB)</b> Alternative: Other swing/RDL	<ul style="list-style-type: none"> <li>Normal stance &amp; planted feet</li> <li>Hike KB high into the hinge</li> <li>Power forward with hips</li> <li>Delay extension until arms connect</li> </ul>					
1F	<b>Ballistic Row</b> Alternative: Alternating Row, Renegade Row	<ul style="list-style-type: none"> <li>Assume a hip hinge position</li> <li>Shoulders square to floor</li> <li>Row weights up quickly</li> <li>Catch and lower with other side</li> </ul>					
1G	<b>Side to Side Step-Over</b> Alternative: Lower step or do jogging on spot	<ul style="list-style-type: none"> <li>Step sideways onto step</li> <li>Step up and switch feet going over</li> <li>Keep your weight central</li> <li>Start slower then ^ pace</li> </ul>					