

## Sample Workout

*\*Scale the weight, box height, and reps as needed.*

### Coach's Time:

-Workout Description/Overview- (5 min)

-Warm-up- (5 min)

-Movement Progressions/Teaching- (5 min)

### Workout of the Day (WOD) (30 min):

*50 Dumbbell Front Squats (2x35lbs/25lbs)*

*50 Box Jumps (24"/20")*

-rest 3 minutes-

*50 Dumbbell Shoulder to Overhead (2x35lbs/25lbs)*

*50 Burpees Over Dumbbell*

-rest 3 minutes-

*25 Dumbbell Front Squats (2x35lbs/25lbs)*

*25 Box Jumps (24"/20")*

-rest 3 minutes-

*25 Dumbbell Shoulder to Overhead (2x35lbs/25lbs)*

*25 Burpees Over Dumbbell*

**Cool Down and Stretching (10 min)**

**Clean-up (5 min)**