



H2F Grab n Go Day- EP Focus

Attribute	Exercise	Sets	Reps	RIR	Load
	Dynamic Warmup 5-10 min				
EP	A.1 Broad Jump	3	4		
EP	A.2 Med Run and toss to wall	3	4		
EP	A.3 Plyo Push ups	3	4		
EP	B.1 BB Push Press	4	4		
MS	C.1 Front Squat	4	10		
ME	D.1 Landmine Row Pyramid	2	8-12-14-12-8		
MS	E.1 KB Step back lunges	3	10e		
MS	F.1 Reverse Nordic Curls	3	8		
MS	F.2 Nordic curls	3	8		
ME	G.1 Plank pyramid- add wt as time goes up, remove with decrease	2	10-15-20-15-10 -		
	H.1 Cool down run 10-15 min				