

Week of 3/24 - Workout A

Beginner	Moderate	Advanced
<u>6 Rounds</u> Row 250m 10 Russian KBS Rest: 1:00 between rounds Cashout <u>8 Rounds</u> :20 Plank :10 Rest	<u>4 Rounds</u> Row 500m 15 Russian KBS Rest: 1:30 between rounds Cashout <u>8 Rounds</u> :30 Plank :10 Rest	<u>6 Rounds</u> Row 500m 25 Russian KBS Rest: 2:00 between rounds Cashout <u>8 Rounds</u> :20 Weighted Plank :10 Rest

Week of 3/24 - Workout B

Beginner	Moderate	Advanced
<u>3 Rounds</u> Row 250 Walk/Run 1:00 5 Burpees Rest: 1:00 between rounds walk / run of the treadmill @ a 3% incline. Cashout <u>4 Rounds</u> :20 sit ups :10 rest :20 superman hold :10 rest	<u>3 Rounds</u> Row 500 Run .25 (¼ mile) 10 Burpees Rest: 1:00 between rounds run on the treadmill @ a 3% incline. Cashout <u>6 Rounds</u> :20 sit ups :10 rest :20 superman hold :10 rest	<u>4 Rounds</u> Row 1,000m Run .5 (½ mile) 15 Burpees Rest: 1:00 between rounds run on the treadmill @ a 3% incline. Cashout <u>8 Rounds</u> :20 weighted sit ups :10 rest :20 superman hold :10 rest