

VACAY WODS DB V1.0

1. 21-15-9

- DB GOBLET SQUATS (parallel squat, feet off floor, land in squat)
- ALT. DB SNATCHES (same DB as goblet)

REST 1 MIN

ACCUMULATE 2MIN

- HOLLOW ROCK/BODY

2. 5 ROUNDS FOR TIME

- 20 SITUPS (shoulder over knee)
- 10 DB GOBLET SQUATS
- 5 PUSHUPS (Rx, elevated, or knees)

REST 1 MIN

MAX REPS UNBROKEN

- ALT. DB CLEAN AND PRESS

REST 1 MIN

ACCUMULATE 2MIN

- ARCH RAISE HOLD

3. 10 MIN AMRAP

- 10 BURPEES
- 10 DB PUSH PRESS
- 10 DB SPLIT SQUATS (10/leg, same DB as push press)

REST 2 MIN.

50 REPS FOR TIME

- ALT. DB ROWS FROM PLANK (25/side, row to hip)

4. 5 MIN AMRAP

- 12 JUMPING JACKS
- 12 DB DOUBLE-LEG GLUTE BRIDGES (DB rests on hips, go **heavy**)
- 12 HOLLOW ROCKS/ 20 SEC. HOLLOW BODY/ 12 DEADBUGS

REST 2 MIN

5 MIN AMRAP

- 5 BURPEES
- 5 PUSHUPS
- 5 DB GOBLET SQUATS (single DB, same DB as glute bridges)

5. 8 ROUNDS ALT. TABATA (20 sec. ON, 10 sec. OFF; A first 20, B second 20 sec.)

- A) PLANK (elbows, forearms)
- B) PARALLEL AIR SQUAT HOLD

REST 2 MIN.

8 ROUNDS ALT. TABATA (20 sec. ON, 10 sec. OFF; A first 20, B second 20 sec.)

- A) SIT-UPS/SCISSOR KICKS
- B) AIR SQUATS

6. 10 MIN EMOM

- 5 BURPEES (reduce reps as needed to stay within 1min time frame)
- 14 ALT. DB ROWS FROM PLANK (row to hip, reduce reps as needed to stay in 1min window)
- 5 PUSHUPS

REST 2 MIN.

MAX EFFORT UNBROKEN

- DB THRUSTERS (DB weight reflected for min. 20 reps)

7. 5 MIN EMOM

- 5 BURPEES
- 10 AIR SQUATS
- 15 JUMPING JACKS

REST 1 MIN

5 MIN AMRAP

- 5 DB THRUSTERS (go heavy, use for snatch)
- 5 BURPEES
- 10 ALT DB SNATCHES (same DB as thruster)

8. 10-9-8-7-6-5-4-3-2-1 (55 reps/ea total)

- MAN-MAKERS (pushup from DB's, single-arm row/side, jump into squat w/ DB's, thruster to OH press)
- AIR SQUATS
- SITUPS

REST 1 MIN

ACCUMULATE 1MIN/EA

- SIDE PLANK

9. 8 ROUNDS ALT. TABATA (20 sec. ON, 10 sec. OFF; A first 20, B second 20 sec.)

- A) 2X DB FRONT RACK WALKING LUNGES (knee over foot, chest up, tuck tailbone)
- B) DB BENCH PRESS FROM FLOOR (different DB's than lunges if needed, low back into floor)

REST 1 MIN

50 REPS FOR TIME

- SITUPS

REST 1 MIN

100 REPS FOR TIME

- AIR SQUATS

10. 10 ROUNDS FOR TIME

- 5 DB THRUSTERS (modify as needed for volume, chest to floor)
- 10 DB SITUPS (shoulder above knee, same DB weight as thruster if possible, lose DB if needed)
- 12 GOBLET SQUATS (same DB weight as thruster if possible)

REST 1 MIN

50 REPS FOR TIME

- BURPEES