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Day 2	Week 1	Week 2	Week 3	Week 4
	1. Sprint 20 sec paired w/ BB Rowx8, BB Overhead Pressx8	1. Sprint 25 sec paired w/ BB Rowx8, BB Overhead Pressx8	1. Sprint 25 sec paired w/ BB Rowx10, BB Overhead Pressx10	1. Sprint 20 sec paired w/ BB Rowx8, BB Overhead Pressx8
	2. Sprint 20 sec paired w/ BB Rowx8, BB Overhead Pressx8	2. Sprint 25 sec paired w/ BB Rowx8, BB Overhead Pressx8	2. Sprint 25 sec paired w/ BB Rowx10, BB Overhead Pressx10	2. Sprint 20 sec paired w/ BB Rowx8, BB Overhead Pressx8
	3. Sprint 20 sec paired w/ BB Rowx8, BB Overhead Pressx8	3. Sprint 25 sec paired w/ BB Rowx8, BB Overhead Pressx8	3. Sprint 25 sec paired w/ BB Rowx10, BB Overhead Pressx10	3. Sprint 20 sec paired w/ BB Rowx8, BB Overhead Pressx8
	Rest 2 min	Rest 2 min	Rest 2 min	Rest 2 min
	4. Sprint 25 sec paired w/ BB Curlx8, BB Tri Ext.x8	4. Sprint 25 sec paired w/ BB Curlx8, BB Tri Ext.x8	4. Sprint 30 sec paired w/ BB Curlx10, BB Tri Ext.x10	4. Sprint 20 sec paired w/ BB Curlx8, BB Tri Ext.x8
	5. Sprint 25 sec paired w/ BB Curlx8, BB Tri Ext.x8	5. Sprint 25 sec paired w/ BB Curlx8, BB Tri Ext.x8	5. Sprint 30 sec paired w/ BB Curlx10, BB Tri Ext.x10	5. Sprint 20 sec paired w/ BB Curlx8, BB Tri Ext.x8
	6. Sprint 25 sec paired w/ BB Curlx8, BB Tri Ext.x8	6. Sprint 25 sec paired w/ BB Curlx8, BB Tri Ext.x8	6. Sprint 30 sec paired w/ BB Curlx10, BB Tri Ext.x10	6. Sprint 20 sec paired w/ BB Curlx8, BB Tri Ext.x8
	Rest 2 minutes	Rest 2 min	Rest 2 min	Rest 2 min
	7. Sprint 25 sec paired w/ BB Cleanx8, BB High Pullx8	7. Sprint 30 sec paired w/ BB Cleanx8, BB High Pullx8	7. Sprint 30 sec paired w/ BB Cleanx10, BB High Pullx10	7. Sprint 20 sec paired w/ BB Cleanx8, BB High Pullx8
	8. Sprint 25 sec paired w/ BB Cleanx8, BB High Pullx8	8. Sprint 30 sec paired w/ BB Cleanx8, BB High Pullx8	8. Sprint 30 sec paired w/ BB Cleanx10, BB High Pullx10	8. Sprint 20 sec paired w/ BB Cleanx8, BB High Pullx8
	9. Sprint 25 sec paired w/ BB Cleanx8, BB High Pullx8	9. Sprint 30 sec paired w/ BB Cleanx8, BB High Pullx8	9. Sprint 30 sec paired w/ BB Cleanx10, BB High Pullx10	9. Sprint 20 sec paired w/ BB Cleanx8, BB High Pullx8
Finisher	2 sets 30 Burpees for time. Record the time. Rest 2 min b/t sets	3 sets of 30 Burpees for time. Record the time. Rest 2 min b/t sets	3 sets of 30 Burpees for time. Record the time. Rest 2 min b/t sets	2 sets 30 Burpees for time. Record the time. Rest 2 min b/t sets

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