

ALPHA Strong

The Workout

1. **Warm Up:** 10 mins (Coaches will take you through movement prep)
2. **Explanation:** 5 mins (Coaches will break down standards of movements)
3. **System Priming:** 5 mins (Coaches will have athletes set up stations for equipment and do dry run so everyone knows how flow of workout goes)
4. **Workout:** 20 mins
5. **Cool down and stretch:** 10 mins
6. **Q&A:** 5 mins

Total Time: 55 min

Exercise	Reps/Time	Regression Option
Row (Cash In)	60 cal	
Burpees	40	Sprawl or Body Walk Outs
RKBS	30	
Pistols	20	Walking Lunges
Thrusters 95/65	10	Naked Barbell
Row (Cash Out)	60 cal	