Anytime/Anywhere

<u>Metcon:</u> For Time

Weight increases as reps decrease

- 1600m Run
- 100 Db Step Ups(ttl)
- 1200m Run
- 80 Db Step Ups(ttl)
- 800m Run
- 60 Db Step Ups(ttl)
- 400m Run
- 40 Db Step Ups(ttl)
- 200m Run
- 20 Db Step Ups(ttl)

<u>Further Explanation:</u>
- Conditioning! Can also be done with no additional weight!
- If distances need to be shortened, do so.
- Another great example of slower is better than not moving at all!
- Keep chipping away and increase your weight each time your reps decrease! For example, if you use 15lb dumbbells for 100 step ups, you would use 20lb dumbbells for 80 reps!