

# SwanStrong Bare

## Sample Week

### MONDAY

For Time:

50 DB Snatch (15/10)

25 Burpees

50 DB Front Rack Lunges (15/10)

25 Burpees

50 DB Shoulder to Overhead (15/10)

25 Burpees

50 DB Goblet Squats (15/10)

*Target time: Under 15 mins*

Use 1 DB only for snatches and swings

Use 2 DB's for lunges & squats

For DB Lunges, hold DB's by your side

For DB Squats, rack DB's on your shoulders

Scale Burpees to kickback burpee if needed (no chest touch to ground)

### TUESDAY

3 rounds for time:

50 Double Unders

15 Handstand Push-ups or 15 Dumbbell Press/ Push Press (15/10kg)

50 Double Unders

15 Push-ups or Dumbbell Floor Press (15/10kg)

Rx+: 22.5/15kg

Do 100 Singles instead of 50 Double Unders or reduce double under reps

Reduce HSPU reps if needed

Lie on your back for floor press and be controlled in your movement if performing floor press

## **WEDNESDAY**

AMRAP 20 minutes:

Run 400m

20 Jumping Squats

10 Dumbbell Power Cleans (15/10kg)

Rx+: 22.5/15kg

If you cannot do jumping squats, do regular air squats

Reduce run distance to 200m if needed

Perform DB Power Cleans from the knee if you cannot keep your back flat to the floor

## **THURSDAY**

AMRAP 12 minutes:

10 Single Arm Dumbbell Push Press (left arm)

10 Single Arm Dumbbell Push Press (right arm)

10 V-ups or 15 Sit-ups

Men use 15kg. Women use 10kg.

Rx+: 22.5/15kg

Use a single dumbbell for the workout

## **FRIDAY**

10 rounds for time:

10 Dumbbell Lunges (15/10kg)

5 Burpees over Dumbbells

Rx+: 22.5/15kg

Hold Dumbbells on your shoulders

Place DB's on the floor side by side and jump over them to complete each Burpee rep

## **SATURDAY**

21-18-15-12-9-6-3

Push-ups

Bent Over Dumbbell Rows (15/10kg)

Rx+: 22.5/15kg

If this is too many reps, start at the round of 18 or 15

Do push-ups on your knees

Hinge hips back and keep your back flat for bent over rows

Row the Dumbbells into your torso, just above your belly button