

Daily Dozen Workout

Estimated time to complete 1 Hour

2/3rds Mile Run

Daily Dozen (12 Exercises, 1 minute rounds 30 seconds work, 30 seconds rest)

Workout of the Day (WOD) 40, 30, 20, 10 Reps

Daily Dozen (Reverse Sequence)

15 Minutes bag work (optional)

1/3rd Mile Run