









FM	EXERCISE		REPS / TIME	SETS	SET REST	TRANSITION REST	ROUNDS
	MONSTER WAVE	<i>Single strand / feet footed & jumping</i>	40 sec	4	20 sec	60 sec	1
	KB OH PRESS	<i>Bottom Up Press option</i>	40 sec	4	20 sec	60 sec	1
	TRX SIDE PLANK	<i>Option reach under</i>	40 sec	4	20 sec	60 sec	1
	SQUAT to PICK UP to OVERHEAD with ROLL RETURN	<i>Various foot positions</i>	40 sec	4	20 sec	60 sec	1
	TRX INVERTED ROW	<i>Partner impacts option</i>	40 sec	4	20 sec	60 sec	1
	RESISTED CRAWL	<i>Resistance option</i>	40 sec	4	20 sec	60 sec	1
	TRX LUNGE	<i>Partner load option</i>	40 sec	4	20 sec	60 sec	1
	RIP STACK	<i>Cord Wobble option</i>	40 sec	4	20 sec	60 sec	1