Swole SISTERS DAY PARTNER WOD

Swole Sister's Day is celebrated to honor the sisterhood women create at the gym.

PARTNER WOD FOR TIME: 30 MINUTE TIME CAP
IN TEAMS OF 2, 1 PERSON WORKING AT A TIME (SHARE LOAD AS NEEDED)

- 100 GOBLET SQUATS (50/35LBS) : SCALE WEIGHT AS NEEDED OR BW SQUATS
- 90 GHD SIT UPS : SCALE TO ANCHORED SIT-UPS
- 80 STATIONARY ALT DB REVERSE LUNGES (50/35LBS) : SCALE WEIGHT AS NEEDED OR DO BW
- ·70 PULL-UPS : SCALE TO JUMPING PULL-UPS, OR RING ROWS
- 60 DB BURPEES (50/35LBS EACH HAND) : SCALE TO BW BURPEES OR PUSH-UPS
- 50 WALL BALLS (20/14LBS) : SCALE WEIGHT OR MIMIC THE MOVEMENT BW
- 40 BURPEE BOX JUMP OVERS (24/20") : SCALE BOX HEIGHT OR BURPEE BOX STEP OVERS

TO FINISH: EACH PERSON MUST COMPLETE AN 800M RUN OR 800M ROW, OR 2400M ASSAULT BIKE

WORKOUT CREATED BY OUR FRIEND, TORREY PENN

SATURDAY
AUG 20TH

Nominate your Swole Sister to win a prize pack of all things swole and self-loving at SwoleSistersDay.com

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SCAN WITH YOUR CAMERA