

★ >> **THE HAMMY WORKOUT** << ★

Row 1,000 meters

7 Squat, Clean 'n' Jerks
(135 lbs. men, 95lbs.women)

50 Push Ups

7 Squat, Clean 'n' Jerks

50 Sit Ups

7 Squat, Clean 'n' Jerks

50 Box Hops
(24" box men, 20" box women)

7 Squat, Clean 'n' Jerks

50 Pull Ups

7 Squat, Clean 'n' Jerks

Run 1,000 meters

All Movements are scalable for non-competitive heats