

9/11 Memorial Workout

9/11/2024 ~ TAP-C

Dynamic Warmup (Collective/ 10-15 minutes)

Team Buy-in:

- Row, 2001 m

-- then --

3x Rounds (9x total sets) – Complete each set Individually (team does not move to next set until each member finishes):

3 Rounds:

- 9x Barbell Thrusters
-11x Pushups
- 9x Pullups
-11x Wall Balls
- 9x Burpees
-11x Box Jumps

Collective Finish:

3x Sets:

- 2-minute Plank
1-minute Glute Bridge (double-leg)
11-second rest
- 2-minute Plank
1-minute Glute Bridge (single-leg)
11-second rest
- 2-minute Plank
1-minute Glute Bridge (single-leg)

Cooldown (Collective/ 10-15 minutes)