



## DAY 13: WEEKEND CHALLENGE

### Stretches:

- Legs, Arms, Shoulders, Chest and Back

### Workout:

30 – 20 – 10 REPS FOR TIME! TRY AND COMPLETE UNDER 10 MINTUES

BAR WEIGHT: MEN 95LBS – 135LBS | WOMEN 35LBS – 65LBS

- 30 HANG CLEANS | 30 BENT OVER ROWS | 30 PUSH-UPS
- 20 HANG CLEANS | 20 BENT OVER ROWS | 20 PUSH-UPS
- 10 HANG CLEANS | 10 BENT OVER ROWS | 10 PUSH-UPS

IF YOU DO NOT HAVE A BARBELL | FOR TIME UNDER 15 MINUTES

- 30 BURPEES | 30 PULL-UPS | 30 PUSH-UPS
- 20 BURPEES | 20 PULL-UPS | 20 PUSH-UPS
- 10 BURPEES | 10 PULL-UPS | 10 PUSH-UPS

### END

Post your results on social media tagging:

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