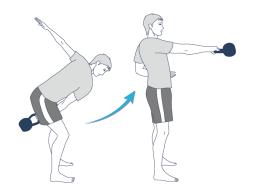
Workout 35

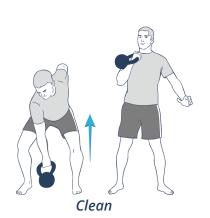
| Exercise | Time (secs) | Reps | Sets | ⊘ |
|-------------------------------------|-------------|------|------|----------|
| Single Handed Swing - Left | 30 | | | |
| Single Handed Swing - Right | 30 | | | |
| Reverse Lunge with Rotation - Left | 30 | | | © |
| Reverse Lunge with Rotation - Right | 30 | | | V |
| Clean - Left | 30 | | | ~ |
| Clean - Right | 30 | | | |
| Racked Squat & Press - Left | 30 | | | V |
| Racked Squat & Press - Right | 30 | | | ~ |

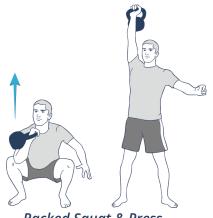


Single Handed Swing



Reverse Lunge with Rotation





Racked Squat & Press