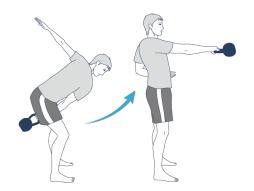
## Workout 35

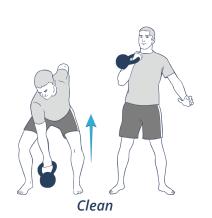
Exercise	Time (secs)	Reps	Sets	<b>⊘</b>
Single Handed Swing - Left	30			
Single Handed Swing - Right	30			
Reverse Lunge with Rotation - Left	30			<b>©</b>
Reverse Lunge with Rotation - Right	30			<b>V</b>
Clean - Left	30			<b>~</b>
Clean - Right	30			
Racked Squat & Press - Left	30			<b>V</b>
Racked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

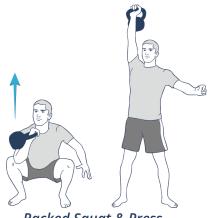


Single Handed Swing



Reverse Lunge with Rotation





**Racked Squat & Press**