



300 Challenge

- 25 Hip Thrusts
 - 10 Burpees
- 50 Snatches (25 each arm)
 - 10 Burpees
- 25 Push Ups
 - 10 Burpees
- 50 Swings (25 each arm)
 - 10 Burpees
- 50 Clean and Push Press/Jerk (25 each arm)
 - 10 Burpees
- 50 Mountain Climbers (25 each leg)