



Ben Thuma Comes to Utah
Date_____

Daily "Grease the Groove"
Front Squats...with Chains
2 Sets of 2

Workout One_____ Workout Two_____ Workout Three_____

Snatch

"Rule of Ten"

Workout One_____ Workout Two_____ Workout Three_____



Carry

Thick Bar_____

Garcia Bar_____

Rock_____

Waiter Walk_____

Drag

Sled_____

Juggernaut_____with_____



Technique Discus Work!!!

56 Highland Games_____

56 Olympic Style_____

Shot Put_____

Rock Toss_____

Tire Throw_____

Tire Drills_____

Hoop Drills_____

X Sticks_____

Recovery

Hot Tub and Ice Shower