



**STREET
PARKING**



BATTLE ROPE CONVERSION CHART



BATTLE ROPE

20 SECONDS OF BATTLE ROPE WAVE VARIATIONS

8 PUSH UP + TAPS

8 PUSH UP + PULL ACROSS

100M RUN

5 BURPEES

30 DOUBLE UNDERS/
HOP OVERS

6 BOX JUMPS

*PERSONAL ADJUSTMENTS MAY BE REQUIRED
TO STAY WITHIN GOAL RANGES.



D-BALL MOVEMENT CHART

D BALL MOVEMENT

MOVEMENT




D BALL OVER THE SHOULDER ↔ POWER CLEANS

D BALL BEAR HUG SQUAT ↔ FRONT SQUATS

D BALL BEAR HUG CARRY ↔ FARMER CARRY
(CUT DISTANCE IN ½)



SLED CONVERSION CHART

 RUNNING	 SLED PULL	 SLED PUSH
200M	100M	50M
400M	200M	100M
800M	400M	200M
MILE	800M	400M