

**TRAINMORE**



**NIKE**  
**STRENGTH**

# **WORKOUT OF THE WEEK**

[4 Rounds]

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**BARBELL DEADLIFT**

8 reps

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**KETTLEBELL WALKING LUNGES**

12 reps

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**SANDBAG PULL-THROUGHS**

10 reps

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**SLED CHEST PRESS**

2 full lengths of the sled track

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