



USPFC Workout #1

THE THIN BLUE AND RED LINE

12 mins AMRAP

RX'D

12 Toes to Bar

12 Wall Ball Shots 20/14 lbs and 10'/9' target

12 Power Cleans 135/95 lbs

RX'D Masters 55+

12 Chest to Bar Pull Ups

12 Wall Ball Shots 20/10 lbs and 9' target

12 Power Cleans 105/65 lbs

Scaled

12 Hanging Knee Raises

12 Wall Ball Shots 14/10 lbs and 9' target

12 Power Cleans 95/65 lbs