

# **Lifting “Exit Ticket”**

## **Rules**

- *Must be done prior to leaving and after your workout*
- *Pick a Partner*
- *2 Rounds for each exercise*

## **Day 1 (Push Day) Ticket**

- Battle Rope (45 Seconds)
  - 15 “High Five” Pushups
- Weighted Plank (45 Second)

## **Day 2 (Pull Day) Ticket**

- Dumbbell Snatch (30 Seconds)
  - Rope Pull Sled (2 Full Pulls)
    - Crunches (30)

## **Day 3 (Leg Day) Ticket**

- Weight Lunges (45 Seconds)
- Wall Sit “Back to Back” (1 Minute)
  - Flutter Kicks (30 Seconds)

## **Day 4 (Explosion Day) Ticket**

- Weight Lunges (45 Seconds)
- Wall Sit “Back to Back” (1 Minute)
  - Flutter Kicks (30 Seconds)

