



## Pure Independence Workout

**BB Squat: 6 Reps 3:1 Tempo (Heavy)**

**SS**

**Deadlifts: 6 Reps 3:1 Tempo (Heavy)**

**SS**

**Bear Crawls 25 Crawls**

**You will complete a total of two, 6minute rounds, only resting for 60 seconds after each round: keep a timer on you complete as many rounds as possible within the 6 minute time period**

**Overhead Press: 8 Reps 2:1 Tempo**

**SS**

**Flat Bench Press: 8 Reps 2:1 tempo**

**SS**

**Jump Squats 25 total**

**You will complete a total of two, six minute rounds, only resting 60 seconds after each round: keep a timer on you complete as many rounds as possible within the 6 minute time period**