Pain Lab 3

Painlab is for impaired, injured, recovering & FNG’s. We do Zero/Low impact. I’m not professional. MODIFY!

Warm Up (5 minutes): Imperial Walker 10, Moroccan Night Club 10, Low Slow Squat 10, Don Quixote 10, Merkin 10 LBC 10

Jacob’s Ladder (15 minutes): Bear Crawl up – 7 Slow Burpees, down to 1 Squat, 6-2, 5-3, etc.

Painlab Powercycle – (12 minutes)

1. CDD, Superman, Parker Peter, Dips
2. Boxing
3. Yoga - Warrior 2, Triangle, Extnded Triangle, Downward Facing Dog, Trikonasana,

Pass the Pain (3 minutes) – 3 minutes of varied milkjug core

Painlab Painstation (1 minute each….)

1. Curls, Skullcrushers
2. Derkins, Dips
3. Squats to Clean
4. Shoulder Press, Lateral Raise

Painlab Pathfinder – follow the leader on the ledges, make way to circle of trust with Gashouse