**Pain Lab 8**

Take weights to nature trail

Speech

WU: Imperial Walker, Low Slow Squat, Arm Circles both ways

Gastone Guillotine: 5 Russian get ups----lunge-------CDD x 5------backward lunge-------1 Squat

Painmarch: Follow the leader, Indian Run style???, lead man circles pack via karyoke, pack follows leader who has weight action and leg action (Burpees, Merkins, LBC’s, etc.)

Painstations: 1 minute each, 1 minute Gulag, 2-3 rounds

1. Shoulder Press, Twists
2. Calf Raise, Front Raise
3. Upright Row, Squats
4. Head Halos, Curls

Painmarch back: Follow the leader, Indian Run style, lead man circles pack via karyoke, pack follows leader who has weight action and leg action (Burpees, Merkins, LBC’s, etc.)

Hills: Bearcrawl up the hill, 10 LBC, Crab down, 10 Mountain Climbers

Yoga: 10 minutes

Mary: