

# RG3

**Tire flip**



**Sled push**



**Sandbag walking  
Lunges**



**Sled pull**



## **Salto Caixa**



## **Wallball**



# CAB Madeira

**Remo**



**Sit Up**



**Bike**



**Hand Release  
Burpee Up Tuck  
Jump**

