

TITANIUM WORKOUT

BY CAVEMANTRAINING



This is the **TITANIUM** WORKOUT by Cavemantraining. You can include this workout as a WOD, a regular part of your training, or as a workout program for progression.

The video for this workout can be found on our *YouTube* channel

<http://youtube.com/c/Cavemantraining>

The full details for this workout can be found on <https://go.cavemantraining.com/freeworkout>

Warm-up

A) 6 jumping jacks and a slight pause (the pause is to prevent overtaxing the calves).

Repeat for 1 minute.

B) Perform the following kettlebell sequence on each side with a light kettlebell.

- Hip hinge deadlift
- Bent-over row
- Hang clean
- Dead to the ground

Repeat on the other side.

Perform for 2 minutes.

Repeat A + B for **two rounds**.

1 minute of alternating single-arm swings.

1 minute of alternating hang clean.

2 minutes of joint work.

A total of 10 minutes.

Rest as required.

Workout

Task 1

8 single-arm kettlebell swings

2 racked squats

Change sides on the next minute

10-minute EMOM

Rest as required.

Task 2

10 double-arm swings

8 push-ups off the kettlebell

10-minute EMOM