



March 2024

ACCEPT



# SHANNON

## WORKOUT:

35 min AMRAP

1 min Sandbag Deadlift Hold

16 Burpees

200m Run

19 Sandbag Thrusters

Wear a weight vest (20/14 lb) for entire workout  
Sandbag weight (60/40 lb)

\*Score is total number of rounds & reps completed in 35 minutes