

### Warm Up:

7:50' Warm up routine

<https://www.youtube.com/watch?v=Z0xtYX1Nf5c>

### Mit Equipment

#### A: 12' E2MOM\*

- 4/4 1 Arm alt. KTB swing
- 8 lateral Burpee over KTB

#### B: 8 Rounds For Time\*

- 8 KTB TH
- 30/40 sec plank hold
- 8 Hang Clean (60/50/37,5/20)
- 30/40 Jumping Jack

**\*Schreibe Dein Ergebnis in die Liste.**

### Ohne Equipment

#### A: 12'E2MOM\*

- 20/30 Jumping Jack
- 20/30 sec. Squad Deep Hold

#### B: 21-15-9-15-21 For Time\*

- ASQ Jumps
- Plank to PSU
- Single leg hip raises\*

**\*<https://www.youtube.com/watch?v=-GMmdGzGlwY>**

**\* Schreibe Dein Ergebnis in die Liste.**

Ergebnisliste hier:

[https://docs.google.com/spreadsheets/d/1vjqH\\_xriXGV5myfn-93VHnJrJuq6GYUQlvtW4cqL7GI/edit#gid=51333687](https://docs.google.com/spreadsheets/d/1vjqH_xriXGV5myfn-93VHnJrJuq6GYUQlvtW4cqL7GI/edit#gid=51333687)