

Warm Up:

8' Warm up routine

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

Mit Equipment

A: 25' AMRAP*

- 5/8 PSU
- 5/8 PSU on Bar
- 8/11 DL (80/70/60/40)
- 8/11 Sumo KTB DL (heavy)
- 35/45 Sec plank hold

Ohne Equipment

A: For Time TC= 25' *

- Buy in: 45/60 Situp
- Than: 5 Rounds of:
 - 10/15 PSU
 - 10/15 ASQ Jumps
 - 10/15 Burpees
- Buy out: 65/80 Situps