

Warm Up:

5´ Warm up routine

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

Mit Equipment

WU: For time*

- | | | | |
|---|-------------------|----|----------------|
| 1 | PSU/ <u>HSPSU</u> | 9 | Pike PSU |
| 2 | ASQ | 10 | Inch Worms |
| 3 | PSU | 11 | Jumping Jacks |
| 4 | Pistols | 12 | High knees |
| 5 | V-Ups | 13 | Glute Bridges |
| 6 | Back Lunges | 14 | Jumping Lunges |
| 7 | Stand up lay down | 15 | PSU |
| 8 | Burpees | 16 | Burpees |

A: 6 Rounds for time

- 16 DL (70/60/45/25)
- 16 PSU/HR PSU
- 4 PCL (-II-)
- 35/50 Sec Plank hold

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

Ohne Equipment

A: For Time

- 40 Jumping Jacks
- 30 Situp
- 40 Jumping Jacks
- 30 PSU
- 40 Jumping Jacks
- 30 alt Lunges
- 40 Jumping Jacks
- 30 Situp
- 40 Jumping Jacks
- 30 PSU
- 40 Jumping Jacks
- 30 Mountain Climbers
- 40 Jumping Jacks
- 30 Burpees
- 40 Jumping Jacks
- 30 ASQ
- 40 Jumping Jacks

*** Schreibe Dein Ergebnis in die Liste**

Ergebnisliste hier:

https://docs.google.com/spreadsheets/d/1vjgH_xriXGV5myfn-93VHnJrJug6GYUQlvtW4cqL7GI/edit#gid=51333687