

### Warm Up:

5´ Warm up routine

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

### Mit Equipment

#### WU: 6 Rounds for time\*

- 10 FSQ (40/30/30/20) →
- 5 PSU on Bar
- 5/5 Alt Lunges

#### A: 7 Rounds for time

- 5 FSQ (70%/50% of WU max)
- 5 ASQ highjump
- 40 sec. Plank parallel

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

### Ohne Equipment

#### A: 6 Rounds For Time

- 20/30 sec. Plank parallel
- 10/15 PSU
- 20/30 sec. Plank right
- 10/15 Back extension
- 20/30 sec. Plank left
- 60/80 jumping Jacks
- 45/60 sec. Wall sit\*

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

**\*<https://www.youtube.com/watch?v=-cdph8hv000>**

Ergebnisliste hier:

[https://docs.google.com/spreadsheets/d/1vjgH\\_xriXGV5myfn-93VHnJrJug6GYUQIvtW4cqL7GI/edit#gid=51333687](https://docs.google.com/spreadsheets/d/1vjgH_xriXGV5myfn-93VHnJrJug6GYUQIvtW4cqL7GI/edit#gid=51333687)