

Warm Up:

5´ Warm up routine

<https://www.youtube.com/watch?v=ZO2ZwicxCEs>

Mit Equipment

WU: 6 Rounds for time*

- 10 DL (40/30/30/20)
- 6 PCL (-II-)
- 2/2 Front Lunges (-II-)
- 30/40 sec. Plank (II, R, L, switch each round)

A: 1 to 10 for time

- FSQ (60/45/40/25) of WU max)
- PSU on Bar/PSU and clap
- Burpee/Burpee over Bar
- Butterfly Situp/Stand up lay down (no hands)

***Schreibe Dein Ergebnis in die Liste. Bsp.: „A: 12:43 und B: 23:11“.**

Ohne Equipment

A: 2 Rounds

- 40 sec. Back extensions
- 10 sec. rest
- 40 sec. PSU/PSU Hand release
- 10 sec. rest
- 40 sec. Situp
- 10 sec. rest
- 40 sec. ASQ/ASQ jump
- 10 sec. Rest
- 40 sec. Jumping Jacks
- 10 sec. rest
- 40 sec. Burpees
- 10 sec. rest

B: 21-15-9-3

Alternating Lunges (42/30/18/6)

PSU/PSU Jump

Superman/Burpees

*** Schreibe Dein Ergebnis in die Liste, Zähle Deine Gesamtwiederholungen in A, und Deine Zeit für B**

Ergebnisliste hier:

https://docs.google.com/spreadsheets/d/1vjqH_xriXGV5myfn-93VHnJrJug6GYUQlvtW4cqL7GI/edit#gid=51333687