

Warm Up:

7' Warm up routine

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

Mit Equipment

A: 10' EMOM

10-9-8-7-6-5-4-3-2-1

PCL (30/40) ↗

B: 4 Rounds for Time*

15 DL (70/50)

18 ASQ /Psitols

21 KTB Swing (heavy)

24 Sec Plank hold

Ohne Equipment

A: 10' EMOM

12-12-10-10-8-8-6-6-4-4

ASQ HighJumps

B: 15' AMRAP*

12/18 Glute Bridges*

30/40 Jumping Jacks

30/40 alt. Lunges

12/18 Mountain Climbers

*<https://www.youtube.com/watch?v=8bbE64NuDTU>

* Nur das Ergebnis von B in die Tabelle eintragen