

Warm Up:

7' Warm up routine

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

Mit Equipment

A: 22' AMRAP

- | | | | |
|-------|-----------------|---|----------------------|
| 1/4 | KTB Swing | } | +1 Rep each
Round |
| 1/4 | Butterfly Situp | | |
| 1/4 | KTB FSQ | | |
| 1/4 | BU | | |
| 20/40 | Sec Sideplank | } | stays each Round |

Ohne Equipment

A: For Time

- 40 Jumping Jacks
- 10 PSU
- 40 Jumping Jacks
- 10 Butterfly Situp
- 40 Jumping Jacks
- 10 PSU
- 40 Bicycle Situp*
- 10 ASQ Jumps

*<https://www.youtube.com/watch?v=9FGilxCbdz8>