

BODYWEIGHT

3/20/2020

A) 3 Rounds - Tempo

Lunge Hold
x15-30sec /side

Hollow Body Plank x15-30sec

Wall Sit x15-30sec

Arch Hold x15-30sec

B) 10min Clock - Not For Time

Single Leg Hip Thrust
x7-12 /side

Chair Dip x10-20

Thigh Taps x10-20 (total)

Notes

Part A) Short rest b/w exercises. Scale Hollow Plank to plank on hands.

Part B) Sustainable pacing. Choose appropriate rep scheme. Scale thigh taps to shoulder taps, or to thigh taps on knees





DUMBBELL/ KETTLEBELL

3/20/2020

A) 3 Rounds - Tempo

Lunge Hold - Can add load
x15-30sec /side

Hollow Body Plank x15-
30sec

Wall Sit x15-30sec

Arch Hold x15-30sec

B) 10min Clock - Not For Time

V Sit Single Arm Press
x8-12 /side

1 Arm DB Row x8-15
Tempo: (30X1)

Thigh Tap x10-20 (total)

Notes

Part A) Short rest b/w exercises. Scale Hollow Plank to plank on hands.

Part B) Sustainable pacing. Choose appropriate reps for your abilities. Scale V Sit Press to Incline Press (lean back into a wall and press)