BODYWEIGHT

4/4/2020

A) 5 Rounds - Tempo

Ski Jumps x10 (total)

Plank Shoulder Taps x10-20

Single Leg Step Down x5-10 (3sec lowering)

Arch Hold x20-30sec

B) 5 Rounds

15 Sit Ups

15 Air Squats

30 Double Unders

Notes

Part A) Steady pace, rest as needed.

Part B) Push Pace as able, sub DU for singles if needed. If no jump rope do 30sec high knees or 16 step ups

DUMBBELL/ KETTLEBELL

4/4/2020

A) 5 Rounds - Tempo

Single Arm Russian Swing x12 /side

Plank Shoulder Taps x10-20

Heels Elevated Goblet Squat x10-15 (3sec down)

Arch Hold x20-30sec

B) 5 Rounds

Single Arm Devils Press x7 /side

Waiter Squat x7 /side

Double Under x30

Notes

Part A) Steady pace, rest as needed.

Part B) Push pace as able. Sub DU for singles if needed.