

# BODYWEIGHT

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4/6/2020

## A) 3-5 Rounds - Tempo

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Side Plank Reach Through  
x5-10 /side

Floor Facing Angels  
(straight arms) x10-20

Dead Bug x10-20  
(3sec down + up)

## B) 5 Rounds

60sec On/30sec Off

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Walking Lunges

Chair Dips

Burpees

## Notes

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Part A) Steady pace, rest as needed.

Part B) Can opt for Jumping Lunge over walking. Can scale chair dips to Elevated Push Up if needed.





# DUMBBELL/ KETTLEBELL

4/6/2020

## A) 3-5 Rounds - Tempo

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See Saw Row x16-20 (total)

Floor Facing Angels  
(straight arms) x10-20

Dead Bug x10-20  
(3sec down + up)

## B) 5 Rounds

60sec On/30sec Off

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Goblet Squat

Single Arm Hang Snatch  
(switch at 30sec)

Burpee

## Notes

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Part A) Steady pace, rest as needed.

Part B) Use appropriate loads to keep  
rep turnover high.