

BaseComp 6.9.20

Mob 5 min

WarmUp: 10min EMOTM

1. 10x Air Sqt 5x Pushup
2. 15x KB swing 5x Sqt jump
 - Time remaining standing cardio

A.) 15 min

- Base: 5x Goblet Sqt
- 15x V-Up
- 10x Head Cutter or High Pull
- 10x In/Out Plyo Pushup

B.) 12 min

- Base: 15x KB swing
- 10x Weighted Situp
- 5+5 Clean or Snatch
- 5+5 Thruster

C.) 10 min

- Base: 3x Burpee
- 10+10 KTE
- 5+5 Speed Skater
- 15x Hollow Press