

FYF Total Body 6.5.20

Mob 5 min

WarmUp: 7min (+3rep)

- Air Sqt
- Pushup
- Reverse Lunge
- 20x Jumping Jacks

A.) 15min 10 - 1

- Devil Press or Burpee
- Bent over row
- JayHawk Situp
- 3x BW Roll Ups

B.) 15min 10 – 1

- SA Press/PP or DBL arm press
- V-up
- Sa FSQ
- 3+3 180 Sqt Jumps