

## Full Body Power 5.27.20

Mob 4 min

WarmUp: 9min EMOTM

1. 10x Air Sqt 5x Pushups
2. 20" Jumping Jacks /20" Speed Skater
3. 5+5 Lunge 5+5 Shldr taps

A.) 3 sets on the 30"

1. 10-12x SA KBS R
2. 10-12x SA KBS L
3. 5+5 Split Jump Lunge
4. 5+5 Split Jump Lunge
5. Rest
6. 3-5x Plyo Pushup
7. 6-8x InOut Pushups
8. 3-5x Plyo Pushup
9. 6-8x InOut Pushups
10. Rest

B.) 3 sets on the 30"

1. 2-3x Deck Sqts
2. 3-5x Star Jumps
3. 2-3 Deck Sqts
4. 3-5x Star Jumps
5. Rest
6. 3-5x Snatches ea.
7. 3-5x Sprawl
8. 3-5x Snatches ea.
9. 3-5x Sprawls
10. Rest