

Func Core 5.26.20

Mob 4 min

WarmUp: 6 min +2 reps of each

- ROT TT
- FLR KTE
- Dia FLR Reach
- 20x High Knees

A.) 10 min

10 – 20 – 30 – 40....

- Jay Hawk Situps
- MTN Climbers ea.
- 20x Jumping Jacks

B.) 12min

- 5+5 Sit Thru
- 10+10 ½ K Chop
- 10+10 FLR Lat Drag

C.) 12 min EMOTM

1. 40" Rus Twists
2. 40" Hollow Press Flutter Kics
3. 1-2+1-2 TGU