

Func Core6.10.20

Mob 4 min

WarmUp: 8min

- 5+5 Crab Bridge Rot
- 10+10 Side Plank Dip
- 20+20 OVHD Marching
- 10+10 MTN Climbers

A.) 12 min

- 2+2 TGU
- 10+10 Single SL Raise
- 20x Reverse Situps

B.) 10 min

- 10x DBL Dead bug
- 10+10 ½ Kneeling Chop
- 10+10 Side Plank Rot

C.) 10 min

- 10x Jayhawk Situps
- 10+10 Plank Spidermans
- 10+10 Rot. Lunges