

Base Comp 5.4.20

MOB 3min WGS flow

Body Weight WU 1:

3rds

10x Squat Walkout w/ Pushup

5x Sit Thru each

10x Cossack Sqt ea.

30min Base Complex

*5x Deck Sqt

- 10x Side V-up ea.

- 5x Burpee

- 10x Snatch ea.

- 20x Hollow Press

- 10x Bicycle Crunch ea.

Finisher

10-1

V- Sit

30" Plank Hold