

Base Complex 4.29.20

MOB 3min

WU 8 min

- 3x Rot Toe Touch ea.
- 6x Sqt Walkout w/ Pushup
- 9x Mtn Climbers ea.
- 20x Standing Cardio

12 min Base Complex

Do first exercise before listed exercises,
repeat through for 12min for each set

- A.) 15x KB swings / 8x Star Jumps
- 10x Pushups
 - 20x Air sqt
 - 30x Flutter Kicks ea.

Rest 1-2 min

- B.) 10x Goblet Sqt/ 10x Reverse Lunge
- 30x Jumping Jacks
 - 20x High Knees ea.
 - 10x Burpee

Rest 1-2 min

- C.) 5+5 Clean & Press/ 10x Splitjump 5x Pushup
- 10x Plank Spidermans
 - 10x V-ups
 - 10x Lateral Jumps