

Base Complex 4.8.20

MOB

WGS Flow 3min

Body Weight WU 2:

3rds

30x Jumping Jacks

20x High Knees

10x Sqt Jumps

25min base Complex

5+5 Clean & Press

- 10x 180 Jumps
- 10+10 Snatch
- 20x KBswing or 20+20
 - DB 10x Loaded Jump
- 10+10 1.5 Split Lunge

10x Deck Squat

25 Min Base Complex

Body weight option

5x Burpee Broad Jump

- 10x 180 Jumps
- 10x Archer Pushup each
- 10x Lateral Jump each
- 10+10 1.5 Split Lunge

15x BW Roll out

Finisher

10-1

- V-Sits
- 30" Palnk