

Death By Burpee

MOB: Video

Upper body sequence

Body Weight WU 1:

3rds

10x Squat Walkout w/ Pushup

5x Sit Thru each

10x Cossack Sqt ea.

20min EMOTM

Death By Burpee

Add 1x Burpee every min

1st Min: 1x Burpee

2nd Min: 2x Burpee

If you get caught in a rd.

Restart at 6x Burpee