

FYF 4.17.20

WU: 8min EMOTM

1. Jump Rope/ Standing Cardio
2. 5+5 Sit-thru, 5x Air Sqt

12min

- 1x Burpee 1x Recovery Breath
- 2x Burpee 2x Recovery Breath
- add additional rep/breaths

12min EMOTM

1. 5x Deck Sqt
2. 3+3 1/2 Get Up

15min

- 1x Lat Sprawl 1x Recovery Breath
- 2x Lat Sprawl 2x Recovery Breath
- add additional rep/breaths