

FYF 5.15.20
MOB Flow

Warm Up:

3x20 High Knees
Rest 10" ea set
3x20 Air Sqt
Rest 10" ea set
3x20 Sprawl
Rest 10" ea set

For Time
100x Air Sqt
Rest 1min
100x Sit-ups
Rest 1min
100x KBS or
50x Sqt Jump

Rest 2-3min

For Time
10x Burpee
20x Deck Sqt
30x Burpee
20x 3ct Body Builder
10x Burpee