

FYF Total Body 4.30.20

MOB: 3 min

WU: 6rds 30"/30"

1. High Knees/Rot Toe touch
2. Air sqt/ Cossack Sqt

A.) 10min EMTOM

1. 10x Speed Skater
2. 10x Split Jumps

Time Remaining: ME Burpee

B.) 3sets

- 2min/1min
- 4ct. Body Builder / Wallsit

C.) 8 rds 20"/10"

- Air Sqt/ Curtsy Lunge

D.) 3sets

- 2min/1min
- 2+2 Power Knee+ 1x Sqt Jump / Side Plank

4Min FLR Hold

- 3x V-up Penalty