

## Full Body Power 4.20.20

MOB: WGS Flow

BW Wup 4

10min:

10x

- Crab SL V-up
- Dive Bomb Push-up
- Plank Spidermans
- 30" Jumping Jacks

On the 30"

4x thru

A.) (BW alt. Speed skater & Squat jumps)

1. 5-8x SA KBS Left
2. 5-8x SA KBS Right
3. 5-8x SA KBS Left
4. 5-8x SA KBS Right
5. Rest

B.)

1. 3-5x Plyo Push-up
2. 3-5x Plyo Push-up
3. 3-5x Plyo Push-up
4. 3-5x Plyo Push-up
5. Rest

Complete each exercise every 30"

Go down the list of both A and B

4 times through

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8rds 10"/20"

Star Jumps/ Rest

Rest 2min

16rds 10"/20"

1/2k Power jumps

Alternate R/L each rd.