

## Full Body Power 5.11.20

### Mob Flow

BW Wup 4

10min:

10x

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

On the 30"

4sets

A.)

1. 10x KBS
2. 10x Loaded Jumps or 5x BroadJumps
3. 10x Lateral Jumps
4. 10x KBS
5. Rest

B.)

1. 8-10x Plyo Push-up
2. 5+5 Snatch or 8-10 Diamond Pushup
3. 8-10x Plyo Push-up
4. 5+5 Snatch or 8-10 Diamond Pushup
5. Rest

Rest 1-2min between full set

Complete each exercise every 30"

Go down the list of both A and B

Finisher

6min ME

Any number of reps

Hollow rocks, sit-ups, or Flutter Kicks

Stay moving the entire time.