

## Full Body Power 5.5.20

Mob 4 min

WarmUp: 2 sets

30" ea.

- Looping Arm Circles
- Side/Side Arm Circles
- Rot Toe Touch
- SL Kicks
- Squats

2x 1min/30 Banded Shuffle/Rest

4rds 20"/10"

- Standing Cardio/Dbf Foot Hops

A.) 12 min

1. 6+6 Full sqt jump Fwd/Back
2. 10+10 SA KBS or 10x Loaded Jumps

B.) 10 min

1. 30" In/Out Drop Pushups
2. 8 - 10+10 SA Snatch or Diamond Pushup.

C.) 3 Sets of each 30"/30"

1. Rocket Jumps/Rest
2. Bear Crawl/Rest
3. Split Jumps Hold/Rest