

Func Core 5.1.20

MOB: WGS Flow

Body Weight WU 1:

3rds

10x Squat Walkout w/ Pushup

5x Sit Thru each

10x Cossack Sqt ea.

4sets

2min Amrap

- 3+3 Side V-Ups

- 3+3 Side Plank Star

1min

- Plank Hold

12min

- 50x Situps

- 40x Rus. Twist each

- 30x MTN Climbers ea.

- 20x Dia FLR reach ea.

- 10x FLR KTE ea.

Complete 30" of standing cardio between each

Finisher

Accumulate 4min Hollow Hold

20x Flutter Kick Penalty

Stop timer for each penalty