

Func Core. 5.13.20

Mob 4 min

WarmUp: 8 min

- 5x Crab Bridge Rot. Ea.
- 5x Feet to hands
- 1+1 TGU Bodyweight

A.) 2 sets

- 2min:
- 10+10 Side V-up
- 10x FLR Foot to Hand
- 1 min: Plank Hold
- 2min:
- 15x Situp
- 5+5 Side Plank Star
- 1min: FLR Hold

Rest 1 min

B.) 2 sets

- 2min:
- 1+1 TGU
- 1 min: FLR BirdDogs
- 2min:
- 10x Jayhawk Situp
- 10x Reverse Situp
- 1min: FLR Hold

Rest 1 min

- 40" R Fwd/Back Lunge
- 1. 40" L Fwd/Back Lunge
- 2. 40" 1.5 Goblet Sqt
- 3. 20x KBS or 8-10 Loaded Jumps

C.)

8min ME

- 10 – 1 – 10
- Rus. Twist Each side
- 5x Side Plank Dips between sets