

Func. Core 4.23.20

WU: 10min

10x Rot Toe Touch

10x Crab Bridge Rot

10x Sit Thru each

10x V-Ups

30 min EMOTM

1. 15-20x SL Sit ups

2. 45" Suit Case March Right

3. 30x Flutter Kicks Ea

4. 45" Suit Case March Left

5. 10x Lat Plank Drags ea. or Dia Reach

6. 1 + 1 TGU

10min

5-10-15...

- Jay Hawk Sit-up

- SL Vup ea.

- Side Plank dip ea.

20x Foot to Hand