

## Functional Core 4.15.20

5min

- 5+5 Crab Bridge rotations
- 5+5 Scorpions
- 5+5 Rot Toe touch

WU: 6min

- 5+5 FLR Diag. Reach
- 5+5 FLR KTE
- 5x Yoga Push-up

10min

- 1+1 TGU
- 10x 1/2k. Chop ea or Side plank star
- 20x Reverse Sit-up

10min

- 15x SL Raises
- 10x Side Plank rot.
- 40x Flutter kicks ea.
- 10x Sprawl

12min EMOTM

1. 15x Russian twist each
2. 15x Jayhawk sit-up
3. 20x MTN Climbers each