

KB/DB 30"/30" 1

UB Mob: Video

KB WU 2:

3rds

10x Goblet Lunge

10x Goblet Press

10x Prying Goblet Curl

5rds 30"/30" ea.

Loaded Jumps/Press

Weighted Sit-up/Hollow Press

Rows / Pushups

Halos/High Pulls

FSQ/Reverse Lunge

Rest 2-3min between efforts

Finisher

10-1

-Side V-ups

-Side Plank Dips

Each side for both