

LB/BAC 4.9.20

Warmup

Bring Sally Up

12min EMOTM

1. ME Goblet Curtsy Lunge alternating
2. 30"/30" 1.5 Reverse Lunge L/R

15min EMOTM

1. 8-12x 1.5 Goblet Sqt or BSQ
2. 6+6 SL RDL
3. 8+8 Bulg Split Sqt

12min AMRAP

10-15-20-25.....

- Butterfly Glute bridge
- Plank Hip rocks ea.
- Sumo Goblet Sqt
- Plank Spider-Man's