

LBS 5.6.20

Mob 4 min

WarmUp: 9 min EMOTM.

1. Banded Shuffle
2. Dia Single Foot reach R/L
3. 15x Air sqt

A.) 12 min EMOTM

1. 4ct ECC Bsq
2. Glute bridge feet up each rep
3. Lateral Jump 2-3" pause

B.) 6min ME Lunges

1. 10x KBswing or 5 Sqt Jump
2. 10x Curtsy Lunge

C.) 2sets of each 1'/1'

- 1.5 Goblet Sqt / SL RDL
- 3pt Lunge R / L
- SL Glute Bridge / Butterfly Glute bridge