

P/E IWT 4.21.20

MOB 5min

WU: 5min
3x V - ups
6 x Push Ups
9x Air Sqt

3RDS

2min ME
- 5x Lat Jumps
- 5x Sprawls

2 min
- 10x Cleans
- Loaded Jumps
- Full Sqt Jumps

Rest 2min

3RDS

2 min ME
10xKBS/ Speed Skater
10x Split Jump

2min
10x Thrusters
Or 1 min Walking Lunge

Rest 2 min

10min Amrap
15-1
- MTN Jacks
- PushPress or Shldr taps
30x Jumping Jacks