

PE BaseComp 5.18.20

MOB: 4min Arm Circle circuit

WU:7 min

3x Pushup

6x Mtn Climb

9x Air Sqt

12x High Knee ea

12min BC1

*3x 4ct Body Builder

1. 10x KB Situp

2. 20x Jumping Jacks

3. 30x Flutter Kicks ea.

12min BC2

3x Deck Sqt or Roll Ups

1. 10x Thruster or Sqt Jump

2. 10x SL Raises

3. 10x Reverse Lunge Twist total

12min BC3

3x Burpee or Devil Press

1. 5x Pushup

2. 10x Lateral Drags or Dia FLR

3. 15x Air Sqt

4.