

PE/Core QT Workout

MOB: 5min

5x WGS rotations

5x Hamstring Squats

5x Reverse Lunge w/ twist

WarmUp

2sets

10x Sit-ups

10x Side Plank Dips ea.

10x Reverse Lunge ea.

15x Reverse Sit-ups

15min EMOTM

1. 20x Hollow rock

2. 10x Full Squat Jump

3. 10x Plank Spider-Man's each (elbows or hands)

Then

20min cap

10-15-20-30

- V up

- 180deg. Squat jumps each

- Reverse Sit up

- Split Jump lunge each