

Tabata DB/KB 1

Mob: Video
3min WGS flow

DB WU 2:
3rds
10x DB Reverse Lunge
10x DB PushPress
1+1 Turkish Get Up

Tabata

8rds 20"/10"
KBSwing DB Clean/rest

Rest 1-2min

8rds 20"/10"
Burpee/FLR Hold

Rest 1-2min

8rds 20"/10"
SA Snatch/rest R/L

Rest 1-2min

8rds 20"/10"
Goblet Sqt or FSQ/ Top Hold

Finisher
Accumulate
7min FLR Hold
20x Sit-up Penalty