

PE EMOTM 5.22.20

Mob 4 min

WarmUp: 9 min

1. 10x Rot TT + 10x HS Sqt
2. 10x Sqt + 10x Pushups
3. Standing Cardio

A.) 25 min EMOTM

1. 4 Ct Body Builders
2. Alt SA KBS or Split Jump Lunge
3. Alt Ballistic Row or UB Marching
4. Sqt Halo or SQT Lunge R/L
5. Devil Press or Burpee

B.) 12min EMOTM

1. 10x Speed Skater ea
2. 10x Side Vup each
3. 8+8 Reverse Lunge w/ twist weighted