

PE EMOTM 6.3.20

Mob 4 min

WarmUp: 9min EMTOM

1. 10x Air sqt 5x Pushups
2. 10x Speed Skate 5x Sqt Jump
3. 10+10 FLR Dia Reach

A.) 20min EMOTM

1. 6-10x 4ct Body Builders
2. 10+10 Sa KB swing or 10+10 Split Jumps
3. 10+10 SI Vup
4. 10+10 Dbl Foot Lateral Jumps

B.) 20min EMOTM

1. 5+5 Snatch or 10x Pushups
2. 3+3 Lateral Burpees
3. 5+5 Sqt Halo or Sqt Lunge R/L
4. 8+8 Mtn Climbers