

6 rounds 6:00 EMOM, 1:30 rest

– need theraband, water bottles, step or chair

10:00 warmup (run, bike, row, agility, skate, jump rope)

1 EMOM

- a) 15 jumps w/ forward arm swings | 15 jump w/ backward arm swings
- b) 15 x cross | 15 boot strappers
- c) 12x each windmills

repeat

2 EMOM

- a) 12x db [step-ups](#) w/ knee raise
- b) 15x each way [single leg plyos](#) db optional
- c) 5(2xforward/2x back lunge)

repeat

3 EMOM – thera bands

- a) 30x [pulls](#)
- b) 40x push | 30x rev back (fast watusi)
- c) 2 x20s iron scap exercises: e.g. rev flies, external rotation, [Watusi](#), [Snow Angels](#), [Archer](#), cable cross

Repeat

4 EMOM

- a) 4xtuck jump, 2x broad jump, back pedal, repeat
- b) 10x skiers, 4x streamline jump, back pedal, repeat

Repeat 2x

5 EMOM

- a) 2x6 push up (var = [blast off](#), [full stop](#), t pushup)
- b) 6x6s bird dog
- c) 10s plank (var = [Bear Plank](#)) 30 each [mountain climbers](#)

repeat

6 EMOM

- a) 3 (6steps carioca for/back)
- b) 10x [skaters](#) each way
- c) 10xhigh knee, 10x butt kickers repeat

repeat