

Week 5 workout #2

4 rounds 8:00 EMOM, 1:30 rest

– need a kettlebell, med ball or 6-10lb object, chair or coach for step ups and pistol squats and water to drink

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

1 EMOM

- a) 10 butt kickers. 10 side/side repeat
- b) [16x in/out jump squat](#)
- c) 15 burpees – streamline jump every 3
- d) 10x each way [sprinter skip](#)
repeat

2 EMOM

- a) 12x db [step-ups](#) w/ knee raise
- b) 10xBox pistol squat (wt optional) – how low can you go (w/ great form)?
- c) 15x each way [single leg plyos](#) w/ db
- d) 12x[Hungarian split squat](#) w/ wt
repeat

3 EMOM

- a) 6x [Speed walkout](#)
- b) 6x6s dead bug
- c) 10x plank shoulder/hip/toe tap
- d) 10xRolling squat jump (roll back stands with a jump)
repeat

4 – 4x1:30 AMRAP Do as many reps (with good form) as you can in 1:30, rest :30

– record # in chat

Odd sets: Alt 10 [blast off](#) push ups / 10 skater jumps

Even sets: Alt 10 [breakdancers](#) / 10 [rev lunge to high knee](#)