

## Week 5 workout #1

### 4 rounds 8:00 EMOM, 1:30 rest

– need theraband, water,

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

#### 1 EMOM

- a) 8 j jack, 8 [seal jack](#) 5SR repeat
  - b) 12 XCross, 8 each windmills
  - c) 10 [predator jack](#), 10 [cross body jacks](#)
  - d) 12x toy soldier w/ freestyle arms
- Repeat

#### 2 EMOM

- a) 20s high knee, 20s wall sit
  - b) 12xskater each way | 10x knee raise rev lunge
  - c) 5(2xforward/2x back lunge)
  - d) 8xbroad jump, back hop
- 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
  - d) 40s [Pallof Press](#)
- 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 shoulder tap planks / 10 burpees

Even sets: Alt 10 diag chops w/ wt / 10 toe touch w/ wt / 10 power skip w/ flair

## 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