



Tabata (20secs ON / 10secs OFF), alternating between

- Clean and Press
- Burpee over Barbell

Note:

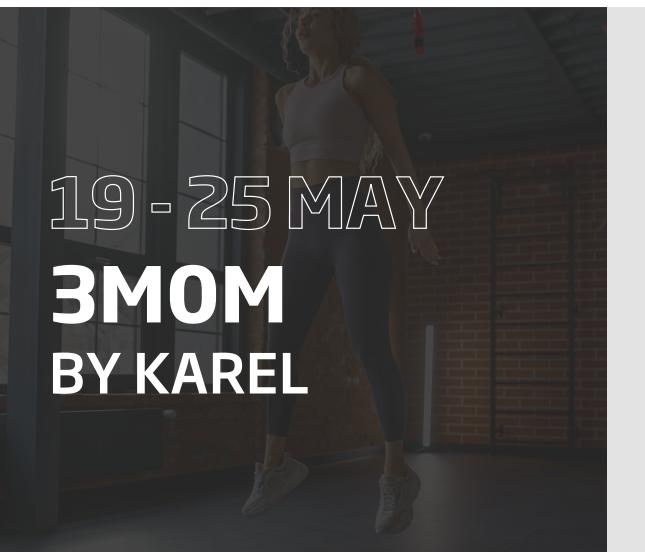
- F 10kg per side, M 15kg per side
- Use 1st round rep count as benchmark for subsequent rounds



Ladder up from 5 reps (i.e. 5x, 6x, 7x, etc.) each of

- Push Up
- Seated Shoulder Press
- Gorilla Row
- Upright Row
- Thruster

Time Cap: 5 mins



EMOM for 8mins:

- 8x Burpee + 11x High Pull
- 20x Squat Jump + 9x Hang Clean
- 8x Burpee + 7x Push Press
- 20x Squat Jump + 5x Clean & Press
- Repeat minutes 1-4 for minutes
 5-8

26 MAY-1JUN
HIPFLEXOR
KILLER
BYPRISCILLA

Inchworm to Plank followed by 3-6-9-12-9-6-3x of:

- Push Up
- Plank Frog Jump
- Jumping Lunge (R/L = 1)

Time Cap: 8 mins