

20 min EMOM: (Every minute on the minute do one of the following)

- 1 – 15 Push ups
- 2 – 20 Dumbbell deadlifts (10 pull ups if bar available)
- 3 – 15 Sit Ups
- 4 – 20 Alternating Reverse Lunges

10-9-8-7-6-5-4-3-2-1

Burpees

1-2-3-4-5-6-7-8-9-10

Dumbbell Shoulder Press

(Will look like 10 burpees + 1 shoulder press, 9 burpees + 2 shoulder press, etc)

20 min EMOM (Every minute on the minute - Perform for entire minute)

- 1 – Bike
- 2 – Tricep Dips
- 3 – Air Squats
- 4 – Plank
- 5 – Rest

5 Rounds:

5 Dumbbell Hang Squat Cleans

10 Shoulder to Overhead

15 Dumbbell Front Rack Reverse Lunges

21-15-9 (can do 21-15-9-15-21 if you want more reps)

Air Squats

Push Ups

50-40-30-20-10

Double Unders/Jump rope

Sit ups

10 Min AMRAP

5 Burpees

10 Air Squats

15 Rounds for Time
6 Alternating Pistols
5 Burpees
10 Sit Ups