

WOD 10/12/2020

I Fitness so Hard on Columbus Day

Block 1-EMOM for 5 minutes/10 Reps

Turkish Get Up/Resistance Band Single Leg Hip Bridge ®

Block 2- EMOM for 5 minutes/:30

:30 SB Plank Hold/Hover

Block 3- EMOM for 5 minutes/10 Reps

Turkish Get Up/Resistance Band Single Leg Hip Bridge (L)

Block 4- EMOM for 5 minutes /15 Reps

SA. Resistance Band Squat Push Press ®

Block 5- EMOM for 5 minutes/10 Reps

SB PJK/SB Russian Twist (5R/5L)

Block 6-EMOM for 5 minutes /10 Reps

SA. Resistance Band Squat Push Press (L)

Block 7-EMOM for 5 minutes /10 reps

Banded Upright Row

Block 8-EMOM for 5 minutes/10 Reps

Tricep OHE

Block 9-EMOM for 5 minutes/10 Reps

Alt DB/Resistance Band Reverse Fly

Block 10 EMOM for 4 minutes/:30

:30 Sprinter Crunches

