

Workout #5:



Warm-up

Prone Breathing x 5

Head nods x 5 + R, L x 5

Adductor rocking x 5ea

Spiderman with rotation x 5ea

Hip Lifts x 10

Wall slides with band x 10

Exercise

Reps

Push Up to
Drag through

x 3 ea

SA Clean to
Squat to Press

x 6R+6L

AMRAP 20 minutes

Notes: