Butt kicks to plank

Forward lunges

Side step squats

Pushups

Jump squat with crossover

Climber taps

repeat 3-5x

**0:00-1:00**

5 butt kicks down into plank and repeat

20 reps

**1:00-2:00**

Forward lunges

12 reps per side

**2:00-3:00**

Side step squats

20 squats

*Every minute on the minute*
EMOM!

Every minute on the minute

Butt kicks to plank

Forward lunges

Side step squats

Pushups

Jump squat with crossover

Climber taps

repeat 3-5x

3:00-4:00

Pushups (knees or feet)

15 reps

4:00-5:00

Jump squat with crossover

20 reps

5:00-6:00

Climber taps

20 reps