

## Warm Up:

6 WARM UP NEW

[https://www.youtube.com/watch?v=p-v\\_obY-lYw](https://www.youtube.com/watch?v=p-v_obY-lYw)

### Mit Equipment

#### A: 3 Rounds for Max Reps (TC: 17 Minutes)

- 1 Minute Burpees
- 1 Minute Lunges (2 Steps = 1 Rep)
- 1 Minute Butterfly SitUps
- 1 Minute DL (50/35)
- 1 Minute Power Clean (50/35)
- 1 Minute Rest

#### B: 10' AMRAP

- 10 Ground to OH KTB (20,16,12,8)
- 40 Jumping Jacks

### Ohne Equipment

#### A: 3 Rounds for Max Reps (TC: 17 Minutes)

- 1 Minute Burpees
- 1 Minute Lunges (2 Steps = 1 Rep)
- 1 Minute Butterfly SitUps
- 1 Minute Hüftheben\*
- 1 Minute Single Leg DL (Band / Free)\*\*
- 1 Minute Rest

#### B: 10' AMRAP

- 10 Ground to OH KTB (20,16,12,8)
- 40 Jumping Jacks

**\*schreibe Dein Ergebnis in die Liste**

[https://docs.google.com/spreadsheets/d/1vjqH\\_xriXGV5myfn-93VHnJrJuu6GYUQIvtW4cqL7GI/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1vjqH_xriXGV5myfn-93VHnJrJuu6GYUQIvtW4cqL7GI/edit?usp=sharing)

\* [https://www.youtube.com/watch?v=ACNn5ZeVB\\_E](https://www.youtube.com/watch?v=ACNn5ZeVB_E)

\*\* [https://www.youtube.com/watch?v=5\\_87DdGDw7g](https://www.youtube.com/watch?v=5_87DdGDw7g)