

DECK-BASED WARM-UP

3 X :30 Squat-Thrusts :30 rest

4 x :20 Push-ups 1:20 total
10 *fast* or 5 clap push-ups per :20

5 x 2 Jumps full Force
rest as needed between jumps

DECK-BASED WARM-UP

3 X :30 Squat-Thrusts :30 rest

4 x :20 Push-ups 1:20 total
10 *fast* or 5 clap push-ups per :20

5 x 2 Jumps full Force
rest as needed between jumps