10/21

WU

3x

10 clap jacks followed by 25 free

10 pike to plank followed by 50 back

10 spiders (5 each leg) followed by 75 free

10 good mornings followed by 100 kick

With sticks 10 over/back with lunge, 10 figure 8s, 10 twists sticks on shoulders

Start each round together

12x25 @ :45 odds from start evens from running dive, 10 yards UWK then FAST breakout

12x50 @ :55 kick offs flutter evens dolphin

12x75 @ 1:30 1st 25 from tuck float 25 popov, 25 10 stroke max, 25 free build

12x100 @ 1:30 free or back FAST legs flags to wall to flags on ALL 25s

Warmdown!