

full body HIIT

4x8 Forward bounds + run/crawl back

4x8 Half kneeling med ball side taps (each side)

3x10 Sand ball over the shoulder toss

4x16 racked KB duck walks

3x10 KB swings

3x12 Alt. position squat to overhead press

2x18 corkscrews (oblique mtn climber + toe tap)

3x30s clock plank