

Strength & Conditioning – Upper body & Hiit

Warming Up

1 min each.

1. Inch worms
2. Long stretch + twist
3. Lunges step back
4. Supermans
5. Jumping Jacks
6. Boksloop
7. Jump squats
8. Burpees

EMOM (every minute on the minute)

Every minute you start the exercise. Try to finish before the minute is up so you have rest. If you did not finish you start a new round.

1.

8 minutes:

- 12 x Schouler press heavy
- 10 Push ups

2.

8 minutes:

- 12x Barbell row heavy
- 10 Dips (go low)

AMRAP

As many rounds as possible in the given time.

1.

6 minutes.

- 10 Burpees
- 10 squats
- 10 plank shoulder taps

2.

6 minutes

- 30 sit ups
- 20 jump lunges (or step if you are tired)
- 10 kettlebell swings

Tabatha abs 4 min.

20 seconds of work 10 seconds of rest, 8 rounds in total 4 minutes.

Sit ups = work