

warmup w/ whip smash rotation, 60 seconds on, 30 seconds off. 2 rounds

workout:

p1. 10x deck squats (or 20x weighted sit ups)

p2. pushups or FLR

p3. ball slam

3 rounds

cooldown:

15yd bearcrawl

15yd walking lunge

15yd backwards walking lunge

15yd backwards bear crawl