

warmup:

3×20 squats

3×15 squat jumps

3×10 split jumps

3×5 tuck jumps

5x knee jumps

workout:

25x kb swing + 25x situp + 25x swing + 25x ball slam + 25x swing + 25x slasher-to-halo + 25x swing + 2:00 (accumulative) in front plank

then

500m row for time

-b 1:32

dylan 2:00

emily 1:58

joe 1:52

kevin L 2:07

rowing is interesting because of the variables, pacing and economy of movement.... hopefully everyone learned something today.