

# DAY FIVE: MOVE IN POWER

## WARMUP

**SMR: Feet, Calves, Inner Thigh, Outer Thigh, Back**

5 Inchworms & 10 Upward to Downward

5e Open Books

10 Russian Baby Makers

10 Ground to Sky Touches

## OBJECTIVE

**Strengthen the Deep Front Line, which includes the deepest muscles of the legs and core.**

**Throughout this workout, focus on being powerful and explosive as you push the body off the ground. Brace the abdomen and squeeze the glutes as you stand, pushing actively through the big toes.**

## STRENGTH CIRCUIT

**AMRAP 25 Minutes**

8 Hand Release Push-Ups

10 Toes-to-Bar

12 Weighted Power Clean

14 Burpees

16 Supermans

18 Butterfly Sit-Ups (Weight Optional)

200 ft (about 80 steps) Sandbag Carry (OR 100 ft on R shoulder, 100 ft on L shoulder)



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April 2020.