

MONTHLY TRAINING | MAY

Muscular endurance



Scan me

1. Warm-up
10MIN



or



2. Activation

2X

Back lunges



10X

Air squat



10X

Hand walk



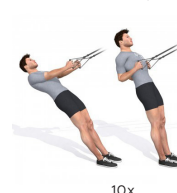
5X

Push-ups



10x

rowing



10x

3. AMRAP 1min

1X

Jump squat



1min max rep

30 sec rest

2min

Jump squat



30 jumping squat

Push-ups



Max push-ups

60 sec rest

3min

Jump squat



30 jumping squat

Push-ups



20 push-ups

Mountain climber



max reps

90 sec rest

4min

Jump squat



30 jumping squat

Push-ups



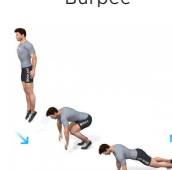
20 push-ups

Mountain climber



10X each side

Burpee



max reps

2 min rest

6. AMRAP 4min

1X