

METCON B

1A



**JUMPING
JACKS**

**INCREASE
DIFFICULTY:**

GO FASTER

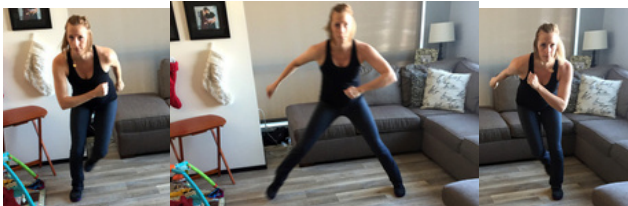
1C



**FULL
EXTENSIONS**

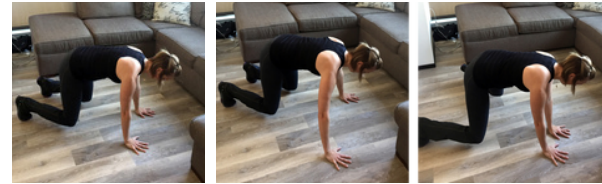
**INCREASE
DIFFICULTY:
SQUAT JUMPS**

1E



**SKATER
JUMPS**

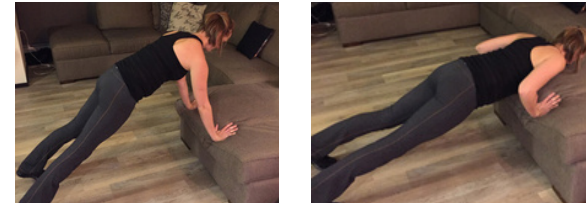
**INCREASE
DIFFICULTY:
JUMP FARTHER**



LATERAL CRAWL

1B

**INCREASE
DIFFICULTY:
GO FASTER**



**SPEED INCLINE
PUSH-UPS**

1D

**INCREASE
DIFFICULTY:
GROUND PUSH-
UPS OR CLAP
PUSH-UPS**

WEEK 1-2: 2-3 ROUNDS (30S WORK, 30S REST)
WEEK 3-4: 3-4 ROUNDS (40S WORK, 20S REST)
WEEK 5-6: 4-5 ROUNDS (40S WORK, 20S REST)