

Elastic Fantastic – Ginosar Convention 2019



Single:

Thrusters → squat jumps

Pull → Slide

Warrior 3 to lunge → front bounce

Double:

Core	Stamina	Core	Stamina	Core
row in plank (r)	Quick feet in place Back to back	Breakdancers Lat. resistance	Hockey with static resistance (r)	Alt. pistols
row in plank (l)	Quick feet in place Back to back	Pushups Lat. resistance	Hockey with static resistance (l)	Alt. pistols

Multi:

1	2	1	2
Sprinters start (r)	Static squat with row Hip abd.	Square jumps +	Loaded beast to crab reach
Sprinters start (l)	Static squat with row Hip abd.	Square jumps +	Loaded beast to crab reach

Battle time!

1. 1st group → Prisoner jacks

2nd group → OH lunges

2. 1st group → Power Plank

2nd group → Board jumps

Everyone:

ABS CHALLENGE