



SEASON 1/WATER - MetCon 1

**OVER HEAD
PREPOSITION,
HIGH KNEES**

200



1

**FRONT CARRY
PREPOSITION,
SQUAT JUMPS**

100



2

**OFFSET
PREPOSITION,
SAGITTAL FEET**

100 ea.



3

**HORIZONTAL
PUSHES**

100



4

**MID SLOT
PREPOSITION,
QUICK TURNS**

200



5