

The Untamed Games – Workout 5 – 29th May – 5th June.

Workout - EMOM 20

Measurement

The workout ends when you cannot complete the movement within the allocated minute. If two athletes end in the same round the tie break will be the time taken to complete the previous round. Your upload should include the total rounds and reps of the last round.

Sequence

On 1-2-3 go the athlete will complete 30 air squats in the first minute. The remaining time of this minute they can rest. The second minute the athlete will complete 12 burpees. The third minute the athlete will complete 20 Sit ups, The fourth minute 12 Burpees and so on following the sequence until they either cannot complete the movement or they don't complete the rep scheme within the allocated minute,

Kit

No kit is required in this workout.

Scorecard

	REPS	TIME REPS COMPLETED
30 air squats		
12 Burpees		
20 Sit ups		
12 Burpees		
20 Alternating Lunges		
14 Burpees		
40 DU/ 60 SU		
14 Burpees		
30 Squat Jumps		
16 Burpees		
16 Hand release press ups		
16 Burpees		
16 V-Sits		
18 Burpees		
14 Handstand Push ups		
18 Burpees		
14 Alternating Pistols		
20 Burpees		
10 Strict Handstand push ups		
20 Burpees		

TIE BREAK (The time in which you completed the previous rounds requirement)

Please note your score and video submission must be uploaded to www.remainuntamed.com/untamed-games by 7pm on Thursday 4th June