



PRESENTED BY

**TrueCar**<sup>®</sup>  
Military

## #OpenRoadChallenge

**August 2, 2020**

### PCS Playlist Workout

**20 minute EMOM** (every minute on the minute)

Work for 40-45 seconds each minute then rest until the start of the next exercise.

**Min 1** - Mountain Climbers

**Min 2** - Hollow Rocks

**Min 3** - Pike to Push-up

**Min 4** - Supermans

**Min 5** - 20 sec L elbow plank/20 sec R elbow plank

**Repeat 3 more times**