

# EMOM TITANIC

How Long Does It will Take to Drown?

MINUTES

- 1. 3 BURPEES**
- 2. 10 SQUATS**
- 3. 6 BURPEES**
- 4. 15 SQUATS**
- 5. 9 BURPEES**
- 6. 20 SQUATS**
- 7. 12 BURPEES**
- 8. 25 SQUATS**
- 9. 15 BURPEES**
- 10. 30 SQUATS**