Wednesday WOD 4:30-5:30pm

Warm-Up

**2 Rounds :30s Each Exercise**

Jumping Jacks Swing + Tap

Arm Swings Cat/Cow

High Knees Bird/Dog

Toy Soldier Scapula Push Up

Speed Skater Snow Angel

WOD

**2 x 15 min AMRAP**

AMRAP 1 AMRAP 2

5 Burpees 5 Half Inchworm Pushup

10 Jumping Lunges 10 Squat Jumps

15 Dips 15 Mountain Climbers

20 Air Squats 20 Backward Lunges

Core + Back

**2 Rounds :40/:20**

Plank Up Downs

Alternating Supermans

Bear Plank Taps

Alternating Leg V Up

Reverse Crunches

Bicycle Crunch