5/2 Saturday 9:00-10:00am WOD

Warm-Up



<https://www.youtube.com/watch?v=UEEsdXn8oG8>

Wake Back Up!

30 Jumping Jacks

30 High Knees

30 Buttkickers

30 Mountain Climbers

WOD

**20 Minute AMRAP**

:30 Squat Hold every 2 minutes

Then

5 Pushups

10 Squat to Plank

15 One Legged Dips

20 Jumping Lunges

Core

**2 Rounds :30/:30/:30**

Single Leg V Ups/Hollow Body Kicks

Russian Twists/Bear Plank Taps

Supine Heel Taps/Plank Leg Raises

Plank Up Downs/Plank Pike ups

Supine Leg Raises/Plank wide toe taps

Side Plank Rotation