5/6 Wedneday WOD (13+)

Warm-up

**3 Rounds**

Cobra Stretch x 30s Hold

High Knees x 20

Scap Pushup x 15

Deadbugs x 10

Snow Angel x 5

Inchworm x 3

WOD

**Breast – 2 Rounds**

1:40 Streamline Hold

:20 Rest

2x :40 Frog Squat Jumps

:20 Rest

:40 Reverse Crunches

:20 Rest

:40 Frog Squat Jumps

:20 Rest

:40 Lateral Squats

:20 Rest

Rest 1:00

**Fly – 2 Rounds**

1:40 Streamline Hold

:20 Rest

2x :40 One Legged Bridge

:20 Rest

:40 Hollow Body Rollovers

:20 Rest

:40 One Legged RDL

:20 Rest

:40 Hollow Body Alphabet

:20 Rest

Rest 1:00