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