5/9 Saturday AM WOD

GOOD MORNING!!!!!

[](https://www.youtube.com/embed/X3elVe9Mlh8?feature=oembed)

(ME ENTERING THE ZOOM ROOM LIKE)

Warm-Up

**3 Rounds**

20 High Knees

20 Mountain Climbers

20 Jumping Jacks

**YOGA – Brought to you by Kayden “Snuggles” Hedrick**

<https://www.youtube.com/watch?v=WymRLcDo1ek>

WOD

**24 Minute AMRAP**

:30s of Up-Downs every 3 mins

5 Burpees

10 Frog Squat Jumps

15 Plank Jacks

HIIT Finisher

**3 Rounds**

:30 Mountain Climbers/:30 Squat Jumps/:30 Off

:30 High Knees/:30 Burpees/ :30 Off