Monday 4:30-5:30pm WOD

Warm-Up

**2 Rounds**

Leg Swings x 30 seconds F/B + 30 Seconds S/S

Speed Skater Stretch x 25

Scapula Pushup s x 20

Cat/Cow x 15

One Legged Bridges x 10 (5 each side)

Snow Angel x 5

Inchworm x 1

WOD

**8 Rounds**

Burpees x 5

Alternating Lunges x 10

Squat Jumps x 15

Jumping Jacks x 20

Mountain Climbers x 25

Core

**4 Rounds**

Side Plank L/R :30/:30/:30

Russian Twists/ In&Outs :30/:30/:30

Straight Leg Kicks/Leg Raises :30/:30/:30