4/25 Saturday AM WOD

Warm-up

**2 Rounds :30s ea.**

Streamline Hold Swing + Tap

Wall Angel Toy Soldiers

Corner Stretch Cat/Cow

Hip Swing Snow Angel

Ankle Roll Scapula Pushup

Yoga

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

WOD

**5 Rounds**

10 Single Leg Deadlifts

10 Donkey Kicks

10 Fire Hydrants

10 Bridges

**5 Rounds**

10 Alternating Leg V Ups

10 Deadbugs

10 Alternating Super Mans

10 Plank Leg Lifts