4/28 Tuesday 4:30-5:30pm WOD

Warm-up

**2 Rounds**

Front to Back Arm Swings x 25

Shrugs x 20

Trunk Rotation 1 (L/R) x 15

Trunk Rotation 2 (L/R) x 10

Snow Angels x 15

Deadbugs x 20

Jumping Jacks x 25

WOD

**Free – 2 Rounds**

1:00 Streamline Hold

:40 Pushups

:20 Rest

2x :40 Russian Twists

 :20 Rest

 :40 Ankle Flick Kicks

 :20 Rest

2x :40 Streamline In/Outs

 :20 Rest

 :40 Squat Hold w/ Streamline Jump

 :20

Rest 1:00

**Back – 2 Rounds**

1:00 Streamline Hold

:40 Dips

:20 Rest

2x :40 Hollow Body Hold

 :20 Rest

 :40 Hollow Body Straight Leg Kicks

 :20 Rest

2x :40 Streamline In/Outs

 :20 Rest

 :40 Squat Hold w/ Streamline Jump

 :20 Rest