4/30 Thursday 4:30-5:30pm WOD

Warm-Up

**3 Rounds**

Jumping Jacks x 30

Scap Pushups x 20

High Knees x 30

Cat/Cow x 20

Buttkickers x 30

Toy Soldiers x 20

WOD

**20 minute AMRAP**

5 Burpees every 2 minutes

Then

Dips x 20

Alternating lunges x 10 ea

Mountain climbers x 20

Pushups x 10

Squat/Squat Jump/Streamline Jump x 10 ea

Core

**2 Rounds :40/:20**

Plank Up/Downs

One Leg Bridges

Bear Plank Taps

Plank Leg Lifts

Supine Leg Lifts

Plank Toe Taps

Supine Heel Taps

Side Plank + Rotation

Alternating V Ups

Wall (Or Tree) plank