5/15 Friday WOD 4:30-5:30pm

Warm-up

**3 Rounds**

Streamline Calf Raises x30

Jumping Jacks x25

High Knees x20

Mountain Climbers x15

Shin to Chest Stretch x10

Deadbugs x5 each side

Inchworm x1

WOD

**3 x 12 min. AMRAP**

AMRAP 1

3 Second Hold Dip x10

Alternating V Up x10

Alternating Reverse Lunge x10

AMRAP 2

3 Second Hold Supine Leg Lift x10

Frog Squat Jumps x10

Plank Shoulder Tap x10

AMRAP 3

3 Second Squat Hold + Squat Jump x10

Spiderman Burpee x10

Windshield wipers x10