Wednesday 5/13 WOD (4:30-5:30pm)

Warm-Up

**2 Rounds :30s each**

Front to Back Arm Swings Jumping Jacks

Kneeling/Lying Trunk Rotation Bird Dogs

Snow Angel Deadbugs

Cat/Cow Calf Raises

Cobra Stretch Swing + Tap

WOD

**3 Rounds**

1:00 Dips

1:00 Plank

1:00 Squats

Rest :15

1:00 Pushups

1:00 Plank Leg Lifts

1:00 Squat Jumps

Rest :15

1:00 Burpees

1:00 Mountain Climber to Spiderman

1:00 Streamline Jumps

Rest 1:00

Core

**3 Rounds :40/:20**

Plank Wide Toe Tap

Side Plank + Rotation

Supine Leg Lifts

Hollow Body Rollovers