

1

WARM-UP

5' DI CORDA/ROW/BIKE/TAPIS

TABATA

1 GIRO, 20" ON-10" OFF

1
2

BICYCLE CRUNCHES

LATERAL LUNGES

BRING SALLY UP

PLANK TO PUSH-UP CHALLENGE

SLOWRUN/HIGHSKIP

50/10

40/20

30/30

40/20

50/10

40/20

30/30

40/40

50/10

WOD

AMRAP 20'

6 BURPEES

8 GOBLET SQUAT

10 ABS V-UP

12 DB STEP-UP