

5

**WARM-UP**

5' DI CORDA/**ROW**/BIKE/TAPIS

**TABATA**

1 GIRO, 20" ON-10" OFF

1

HOLLOW HOLD

2

SUPERMAN HOLD

1

SIDE PLANK ELBOW TO KNEE - L

2

SIDE PLANK ELBOW TO KNEE - R

**WARM-UP x 2**

20 GLUTES BRIDGE

20 PLATE O.T.H. LUNGES

20 WIPERS

20 PUSHPRESS

**WOD METCON**

FOR TIME

4x

10 LOW REVERSE LUNGES

10 SIT-UP DIAMOND

3x

10 MOUNTAIN CLIMBER

10 PUSHUPS

2x

10 X-PLANK

10 BURPEES