

TABATA**2 GIRI, 20" ON-10" OFF**

1	TUCK-UP
2	BAND OVER THE HEAD SQUAT

1	GLUTES BRIDGE + SPINTE
2	IRON CROSS

WARM-UP x 2

50 SKIP ALTI
40 BUTT KICKS
30 JUMPING JACK
20 SQUAT
10 UP AND DOWN

WOD EMOM

**2 GRUPPI DI TRE ESERCIZI - 1' PER ESERCIZIO - OGNI
GRUPPO RIPETUTO 3 VOLTE - 9' + 9' CON 2' DI PAUSA
IN MEZZO**

1	20 JUMPING LUNGES
2	30 SIDE PLANK ELBOW TO KNEE
3	14 TABLE REVERSE ROW

2' REST

1	30 AIR SQUAT
2	10 WALL WALK
3	18 SITUP

SATURDAY'S DEATH BY BURPEE

**ON THE MINUTE FOR AFAP (as fast as possible): "X"
BURPEES**

ROUND 1 - 5 BURPEES
ROUND 2 - 6 BURPEES
ROUND 3 - 7 BURPEES

and continue to add 1 rep for as far as possible....