

TABATA**3 GIRI, 20" ON-10" OFF**

1	4 POINTS SQUAT
2	PUSH-UPS KNEELING

1	HOLLOW HOLD
2	SUPERMAN HOLD

1	SIDE PLANK ELBOW TO KNEE - L
2	SIDE PLANK ELBOW TO KNEE - R

WARM-UP**2 ROUNDS****90" REST BETWEEN ROUNDS**

1	20 GLUTES BRIDGE + SPINTE
2	20 PLATE O.T.H. LUNGES
3	20 WIPERS
4	20 PUSHPRESS
5	20 DB REVERSE ROW
6	20 GOBLET SQUAT

WOD*For time*

100 LUNGES
100 SITUP
100 SQUAT
100 HAND RELEASE PUSHUPS
100 LUNGES