



WOD

“Fight gone bad”

3 rounds of:

1´ skater ([Video](#))

1´ jumping lunges ([Video](#))

1´ jumping jack ([Video](#))

1´ shoulder tap ([Video](#))

1´ double kb swing (5L, 5L) russian ([Video](#))

MIDLINE WOD

6 sets 90" on 30 off

A) 20 Spiderman en sofá ([Video](#))

4x4m soldier plank ([Video](#))

Max I- sit entre sillas ([Video](#))

B) 20 planchas dinámicas 2 apoyos ([Video](#))

20 crunch alternos ([Video](#))

Max superman hold