



WOD

4 Rounds of:

15 Goblet squat (5l)

15 Doubles mountain climbers ([Video](#))

15 Single carafe thruster (5l)

10 Table row ([Video](#))

MIDLINE WOD

50 v-sit ups alternos

20" plancha front

50 russian twist

40" plancha front

50 crunch botella ([Video](#))

60" plancha frontal