



JUEVES 27 DE AGOSTO WOD

For time:

(1,1,2,2,3,3...10,10)

Shuttle run

Burpees

MIDLINE WOD

For time

(40-30-20-10)

Russian twist con garrafa

(20-15-10-5)

Doble mountain climbers en sofá ([Video](#))

(40"-30"-20"-10")

Hollow hold ([Video](#))