



MARTES 18 DE AGOSTO

A)WOD

16' (4 Rounds)

45'' Suttle run 15'' off

45'' Table dips 15'' off

45'' Oh jumping lunges (5L) 15'' off

45'' Kick side through

B)MIDLINE WOD

6 sets 90" on 30 off

A) 1' plancha

Max mountain climbers

B) 1' mountain climbers

Max plancha