



MARTES 25 DE AGOSTO

WOD

Buy in:

1' Handstand hold

.....then

4 rounds of:

10 inverted burpees

15 table dips

20 double m. climbers

.....then

Buy out:

1' handstand hold

MIDLINE WOD

4 rondas

30" doble mountain climbers sofá [\(Video\)](#)

30" plancha pared [\(Video\)](#)

30" v-sit UPS alternos [\(Video\)](#)

30" plancha toque pie a mano [\(Video\)](#)

1'rest