



## **VIERNES 21 DE AGOSTO**

### **WOD**

#### **10 Rounds of:**

200m Run o 20 double mountain climbers ([Video](#))

5 Hspu ([Video](#))

5 Knees to squat (jump) ([Video](#))

### **MIDLINE WOD**

**(21/18/15/12/9/6/3)**

Around the chair ([Video](#))

Sofá complex ([Video](#))