



VIERNES 28 DE AGOSTO

WOD

12'EMOM:

30'' Max HSPU - 30'' rest

30'' Max Knees to squat (jump) - 30'' rest

45'' Front squat - 15'' rest

MIDLINE WOD

15' emom 40" on 20"off

1.spiderman sofá ([Video](#))

2. 20 tuck UPS

3.silla 4 puntas ([Video](#))