



Equipment needed:

- Chair(s)
- 4m²
- Mat (optional)
- Jump rope
- Dumbbell (or water bottle)



Remember to stay hydrated, open your windows, and most importantly don't overwork yourself.

WOD#11 – One more month...

"Hey Hey"

MEUTE 2018

1st part: CIRCUIT TRAINING

L1 4 to 6 sets - 10 reps

L2 6 to 8 sets - hold for 6" + 10 reps

L3 8 to 10 sets - 3x(hold for 6" + 5 reps)

Cross behind lunge
(reps are for each leg)
(be careful not to let your knee pass your feet)



Shoulder stand
(go up and down hands on your chest if you want to increase difficulty)



Dead bug
(reps are for each leg)
(alternate between opposite legs and arms)



Superman plank
(do not touch the ground to increase difficulty)



2nd part: AS FAST AS YOU CAN

L1 2 sets - L2 3 sets - L3 4 sets

Sumo Squat Jump
(6 reps)



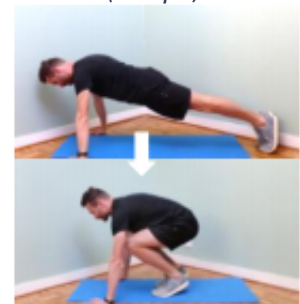
Squat Jump
(6 reps)



Alternate Lunge
(6 reps for each leg)



Burpee
(3 reps)



You want to relax after this workout ? You can try this link :

<https://youtu.be/-MZhnoUKmXk>

3 Levels: L1 Beginner - L2 Intermediate - L3 Advanced