

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#12 -

"Friday I'm in love"

THE CURE 1993



30" Jump Rope **OR** Jumping Jack

as fast as you can in between exercises

1st drill: PLANK

L1 FULL PLANK
4x(hold 15" - 5" rest)



L2 ELBOW PLANK
4x(hold 20" - 5" rest)



L3 PLANK UP-DOWNS
4x(hold 10" -
5x up/downs - 5" rest)



2nd drill: SIDE PLANK LIFTS

4x(hold 5" - 5x slowly down - 10x fast - 15" rest)

L1



L2



L3



3rd drill: GLUTE BRIDGE

4x(hold 5" - 5x slowly down - 10x fast - 15" rest)

L1



L2



L3



Repeat twice or 3 times. Have a nice weekend :)

3 Levels: L1 Beginner - L2 Intermediate - L3 Advanced