

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#13 - "Monday, Tuesday ... laissez-moi danser"

DALIDA 1979

CIRCUIT TRAINING

1

Single leg deadlift



2

Dumbbell Snatch



3

Air Squat



4

Windshield Wipers



5

Cross abs plank



6

Cobra push up



7

Good morning



8

Spider plank



Repeat 4 times with a 2' break between the rounds.

Levels: Beginner : 25" work - 35" break
Intermediate : 35" work - 25" break
Advanced : 45" work - 15" break