

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#14 -

"Livin' it up (Friday Night)"

BELL AND JAMES 1979

1 Mountain climbers



2 Side Lunge



3 V-Sit



4 Push Up



5 Superman



6 Push Press



7 Spiderman



8 Squat overhead



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

Instructions: Core building → hold for 30" during the first round - add 10" per round
Muscle building exercises → start with 10 reps - add 5 reps per round

WARM UP

- Equipment needed:**
- ⊙ Chair(s)
 - ⊙ 4m²
 - ⊙ Mat (optional)
 - ⊙ Jump rope
 - ⊙ Dumbbell (or water bottle)



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WOD#14 -

"Livin' it up (Friday Night)"

BELL AND JAMES 1979

1 Burpees



4 Glute Raise



2 High Knees



5 Dips



3 Squat Jump Floor



6 Deadlift



2 sets with a 3' break at the end of the set.

Instructions: Work 1' on each exercise at the highest intensity you can achieve. Do one exercise after the other without break - rest for 3' at the end of each set.