

Equipment needed:

- Chair(s)
- 4m²
- Mat (optional)
- Jump rope
- Stairs



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

WOD#15 -

"Plage isolée"

PAN & POLO 2015



← [Video](#) here

WARM UP



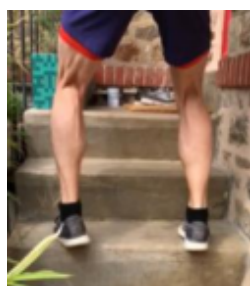
Sprint
30"



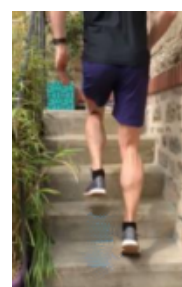
Proprioception
15" for each leg



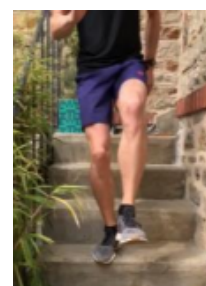
Jump rope OR High Knee
30"



Proprioception
jump up and hold for
2" on both feet



Sprint
run up 10
steps or so



Proprioception
jump down and hold
for 2" on 1 leg

POST WORKOUT STRETCH

Quadriceps



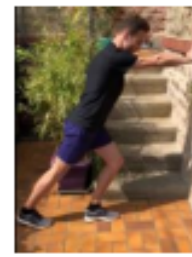
Hamstring



Glute



Calf



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"Plage isolée"

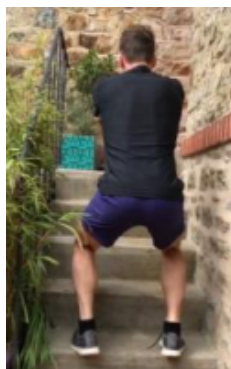
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WOD LEGS

Wall sit



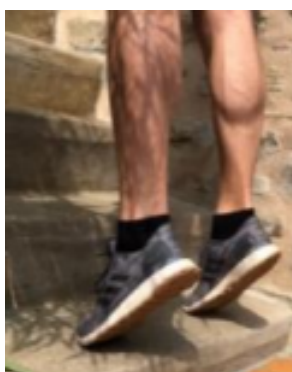
"Box" jumps



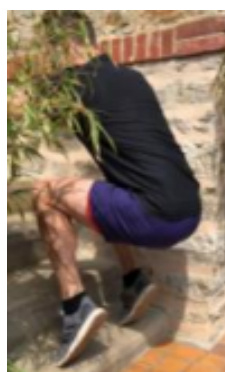
Squat



Calf Raise
(standing)



Calf Raise
(squatting)



Hamstring



Between 2 and 4 sets with a 1' or 2' break after 3 exercises.

Instructions: Wall sit → L1 15" - L2 30" - L3 45"

"Box" jumps → 10 reps (jump higher to increase difficulty)

Other → 10 reps = slowly down - hold for 2" - fast up

If you have any questions feel free to watch the [video](#)