

GYM

CrossFit home WOD 033

100 air squats
90 sit ups
80 alternating lunges
70 burpees
60 second plank
50 mountain climbers
40 push ups
30 hand release press ups
20 hollow rocks
10 jumping squats

CrossFit home WOD 018

10 Rounds
10 air squats.
10 pushups.
10 situps.
10 dips

SALA DE GINÁSTICA