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| Monday (24):Warmup (12):12min emom - (40/20): **->** squat x10cals  **->** lunge x10cals  **->** Glute bridge x10cals WOD (12):12min emom - (40/20): **->** squat x10cals  **->** lunge x10cals  **->** Glute bridge x10cals | Tuesday (32):Warmup (20):20min amrap - (40/20): **->** squat x10cals  **->** lunge x10cals  **->** Glute bridge x10cals WOD (12):12min emom - (40/20): **->** squat x10cals  **->** lunge x10cals  **->** Glute bridge x10cals | Wednesday (24):Warmup (12):12min emom - (40/20): **->** squat x10cals  **->** lunge x10cals  **->** Glute bridge x10cals WOD (12):12min emom - (40/20): **->** squat x10cals  **->** lunge x10cals  **->** Glute bridge x10cals | Thursday (24):Warmup (12):12min emom - (40/20): **->** squat x10cals  **->** lunge x10cals  **->** Glute bridge x10cals WOD (12):12min emom - (40/20): **->** squat x10cals  **->** lunge x10cals  **->** Glute bridge x10cals | Friday (24):Warmup (12):12min emom - (40/20): **->** squat x10cals  **->** lunge x10cals  **->** Glute bridge x10cals WOD (12):12min emom - (40/20): **->** squat x10cals  **->** lunge x10cals  **->** Glute bridge x10cals |