

**WOD 10/28/2020**

**Don't Sweat the Small Stuff**

Tabata Training /5 Rounds/:30/:30

Block 1

Burpee Box Jumps

Block 2

Alternating Curtsey Lunge w/Bicep Curl

Block 3

Suitcase Swings/Double KBS

Block 4

DB Squat to Overhead Press w/Rotation

Block 5

Atomic/Spiderman MTN Climbers

Block 6

Swiss Ball "A" Press

Block 7

Dumbbell Curl to Arnold Press

Block 8

Alternating Hip Bridge DB Tricep Extension

Block 9-2 Rounds

Marching Hover/ SB Plank Hold