

WOD #15



Go For Time

Complete this workout as fast as possible



10 Drop Sets

Complete 10 sets of dropping reps. Start at 10 reps, then reduce by 1 rep each subsequent set



Park

Fun WOD at the park



Notes

Modify or substitute any exercise to suit your fitness level



10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Pull Ups



10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Push Ups



10, 9, 8, 7, 6, 5, 4, 3, 2, 1 Squats



10, 9, 8, 7, 6, 5, 4, 3, 2, 1 V-Crunches

ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING THIS OR ANY EXERCISE ROUTINE.

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