

WODCARDZ



DC JAMES
Playbooks
XXX

FIT IN FIFTEEN

1

RUN IN PLACE

45 SECS

2

JUMP LUNGE

45 SECS

3

PLANK JACKS

45 SECS

4

ONE LEG FLOOR BRIDGES - RT

45 SECS

5

ONE LEG FLOOR BRIDGE - LT

45 SECS

6

MOUNTAIN CLIMBERS

45 SECS

7

RAPID SQUATS

45 SECS

8

BUTT KICKERS

45 SECS

9

REVERSE PLANK

45 SECS

10

PUSH UPS

45 SECS