

DSCC-MWR Fitness Center WOD | 3/19/20

- ❖ Top of the Ladder down and then coming back up once you hit the bottom x 2
 - 10 Pushups- 1 Sit-ups
 - 9 Pushups- 2 Sit-ups
 - 8 Pushups- 2 Sit-ups
 - 7 Pushups- 3 Sit-ups
 - 6 Pushups-4 Sit-ups
 - 5 Pushups- 5 Sit-ups
 - 4 Pushups- 6 Sit-ups
 - 3 Pushups- 7 Sit-ups
 - 2 Pushups- 8 Sit-ups
 - 1 Pushups- 9 Sit-ups
 - 1 Pushup- 10 Sit-ups

- ❖ 20 Burpees x 2
- ❖ Plank- 1 Min x 2