

.22 Caliber WOD Fitness Plan Warm Up, Exercises and Cool Down List

.22 WARMUP: ARM CIRCLES

.22 WARM UP: POSTERIOR KICKS

.22 WARM UP: KICK REACH

1 .22 CARDIO: JUMPING JACKS

2 .22 CORE: BICYCLES

3 .22 STRENGTH: PLANK WALK

4 .22 CARDIO: SKI JUMPERS

5 .22 CORE: FLUTTER KICKS

6 .22 STRENGTH: PRISONER SQUAT WALK

7 .22 CARDIO: MOUNTAIN CLIMBERS

#8 .22 CORE: PENGUINS

9 .22 STRENGTH: TRICEP DIPS

10 .22 CARDIO: HIGH KNEE MUMMY RUNS

11 .22 CORE: PLANK HOLD

12 .22 STRENGTH: BEAR CRAWL

13 .22 CARDIO: MUMMY KICKS

14 .22 CORE: SUPINE SCISSORS

15 .22 CAL STRENGTH: PUSH UPS

(REGULAR, CLOSE AND WIDE INTERVALS)

16 .22 CARDIO: SQUAT JUMPS

17 .22 CORE: FOREARM PLANK TOE TAPS

18 .22 STRENGTH: SIDE KICK TO SQUAT

19 .22 CARDIO: KNEE DRIVERS

20 .22 CORE: HIP LIFTS

21 .22 STRENGTH CLOCK LUNGES

22 .22 CARDIO: SCISSOR JUMPS

23 .22 CORE: PLANK ARM LIFTS

24 .22 STRENGTH: DOWN DOG PUSH UP

25 .22 CARDIO: SPIDER LUNGE

26 .22 CORE: SUPINE LEG LOWER AND LIFTS

27 .22 STRENGTH: SIDE LAY TRICEP PUSH UP

.22 COOL DOWN STRETCH: STANDING QUAD STRETCH

.22 COOL DOWN STRETCH: DELTOID STRETCH

.22 COOL DOWN STRETCH: SEATED HIP STRETCH

