



## **WOD- WORKOUT OF THE DAY- APRIL 13<sup>th</sup>**

### **Slippery Slope Workout**

**10 pushups / 10 stationary lunges each leg (20 total) / 10 C-crunches / 10 run in place (10 count)**

**9 pushups / 9 stationary lunges (18 total) / 9 C-crunches / 9 mountain climbers**

**8 pushups / 8 stationary lunges (16 total) / 8 C-crunches / 8 high knees**

**7 pushups / 7 stationary lunges (14 total) / 7 C-crunches / 7 plank jacks**

**6 pushups / 6 stationary lunges (12 total) / 6 C-crunches / 6 squat taps**

**5 pushups / 5 stationary lunges (10 total) / 5 C-crunches / 5 jumping jacks**

**4 pushups / 4 stationary lunges (8 total) / 4 C-crunches / 4 front kicks (2 each leg)**

**3 pushups / 3 stationary lunges (6 total) / 3 C-crunches / 3 burpees**

**2 pushups / 2 stationary lunges (4 total) / 2 C-crunches / 2 butt kicks**

**1 pushup / 1 stationary lunge (2 total) / 1 C-crunch / 1 tuck jump for joy! **You did it!!****

#### **Modifications:**

**Pushups: Do on your knees**

**Lunges: Squat if lunges are hard on your knees**

**C-Crunch: Keep toes on ground if your back is arching while trying to maintain the 90\* angle of the knee position**