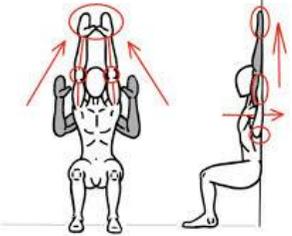
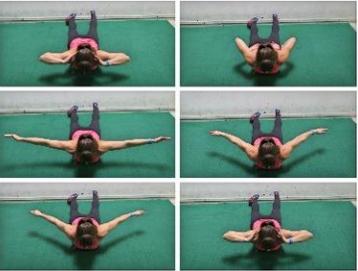
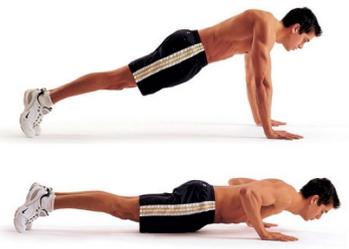
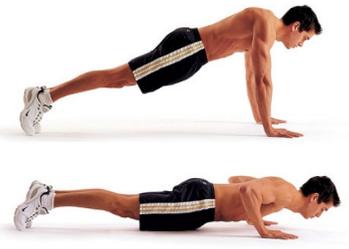


|                      |  |   |  |  |
|----------------------|--|---|--|--|
| <b>Mobility x2</b>   | <b>Sd. Side2Wall Shldr</b><br>12reps   | <b>Squat Hold</b><br>12reps   | <b>Front Plank to Shoulder</b><br>12/12reps  | <b>Jumping Jacks</b><br>20 reps  |
|                      |   |   |   |   |
| <b>Activation x2</b> | <b>Snow Prone</b><br>12reps  | <b>Eccentric Squat</b><br>12reps  | <b>Bulg Sq Focus Glut</b><br>12/12reps   | <b>Jumping Jacks</b><br>30 reps  |
|                      |  | <p>MOVEMENT<br/>concentric vs eccentric</p>  |  |  |

|                          |  |   |  |  |
|--------------------------|--|---|--|--|
| <p><b>Pre wod x2</b></p> | <p><b>Push Ups</b></p> <p>8reps</p>  | <p><b>Squats</b></p> <p>12reps</p>  | <p><b>Triceps pressdown</b></p> <p>12reps</p>  | <p><b>Jumping Jacks</b></p> <p>40reps</p>  |
|                          |   |   |   |   |
| <p><b>Wod x7</b></p>     | <p><b>Push Ups</b></p> <p>15reps</p>   | <p><b>Mountain climbers</b></p> <p>30reps</p>                                       | <p><b>Triceps press down</b></p> <p>15reps</p>                                       | <p><b>Mountain climbers</b></p> <p>30reps</p>  |
|                          |  |  |  |  |