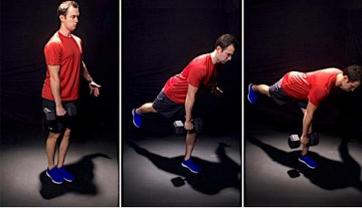


Mobility x2	Inchworm 12/12reps	90-90 Hamstrings 8/8reps	Wall Squat Hold 15''	Jumping Jacks 20 reps
				
Activation x2	Single Deadlift 10/10reps	Front Plank Hold 10/10reps	Lying Wall Slide 12/12reps	Jumping Jacks 30 reps
				

<p>Pre wod x2</p>	<p>Push ups 8reps</p>	<p>Squat 12reps</p>	<p>Abd. 12reps</p>	<p>Climbers 40reps</p>
				
<p>Wod Murph* (400 jumping jacks+100 push ups+200 abd+300 squat+400 jumping)</p>	<p>Push ups 100</p>	<p>Abd. diamond sit ups 200</p>	<p>Squat 300</p>	<p>Jumping Jacks 400+400</p>
				