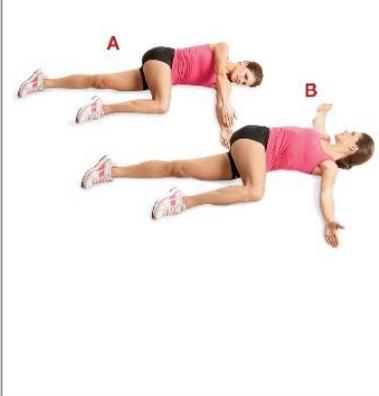


Mobility x2

**Lying Rotation Spine
Thoracic**

8/8reps



Inchworm

12reps



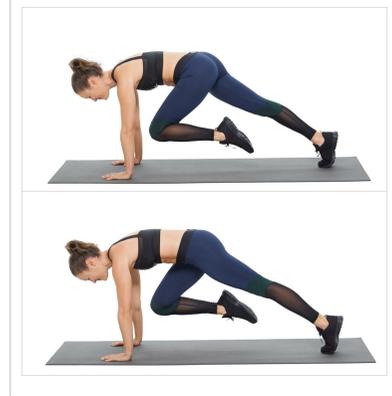
Squat Strech

12/12reps



Mountain Climbers

30 reps



Activation x2

Standing Dynamic Glute

10/10reps



**Bulgarian Squat Focus
Glute**

10/10reps



Lateral Elevation Sh

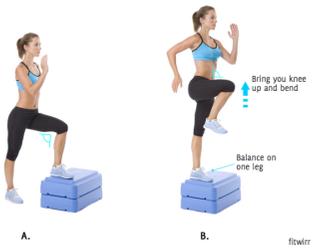
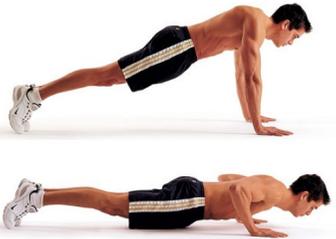
10/10reps



Jumping Jacks

30 reps



Pre wod x2	Steps Ups 10/10reps	Push Ups 10reps	Hollow Rock 10reps	Skipping 40reps
				
Wod (500 steps ups con mochila, cada 2' paramos y hacemos 15 flexiones y 20 hollo rock)	Steps ups 500reps	Push ups 15Reps.	Hollow Rock 20reps.	
	