







Mobility x2	Lying 90° IQ 10/10reps	Squat Hold 15''	Plank to push up 12/12reps	Skipping 30 reps
				
Activation x2	Squat Jump 12reps	Snow Prone 12reps	Split Focus Glut 12/12reps	Mountain Climbers 30 reps
	 <p>shutterstock.com • 1275616618</p>			

Pre wod x2	<div>Push Ups</div> <div>10reps</div>	<div>Squats</div> <div>15reps</div>	<div>Burpees</div> <div>5reps</div>	<div>Jumping Jacks</div> <div>30reps</div>
				

Wod x5

Push ups

20



Jumping Jacks

40



Squats

40



Climbers

40



Burpees

10



Skipping

40



Post Wod x5

Plank

40"/20"



Lateral plank L

40"/20"



Lateral Plank R

40"/20"



Iso Glute Bridge

40"/20"

