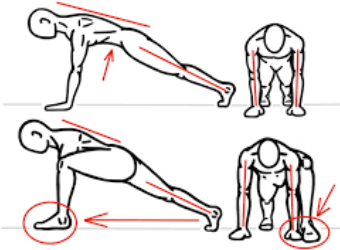







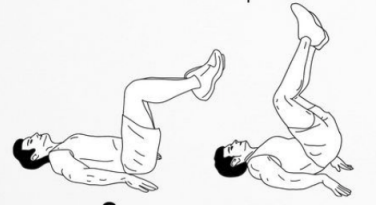





Mobility x2	Spiderman Lg 8/8reps	Quads Stretch 12/12''	Lying 90° IQ 10/10reps	Mountain Climbers 20 reps
				
Activation x2	Standing dinamic Glute 10/10reps	Front Plank Hold 30''	Spine thoracic plus 12/12reps	Mountain Climbers 30 reps
				

Pre wod x2	Reverse crunches 8reps	Swing Kb 1 hand 12/12reps	Row Kb 1 hand 12/12reps	Mountain Climbers 40reps
				
Wod (for time) 21-19-17-15-13-11-9-7-5-3	Reverse crunches 21, 19... 3	Swing Kb 1 hand 21/21, 19/19... 3/3	Row Kb 1 hand 21/21, 19/19...3/3	Jumping Jacks x3=63, 57, 48... 9
	