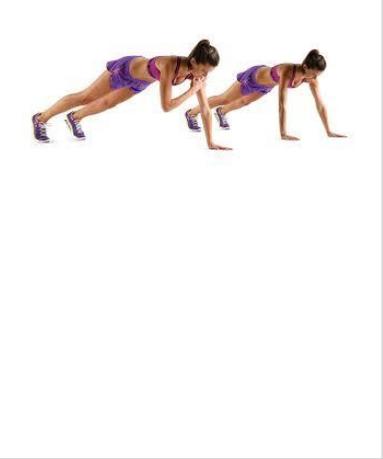
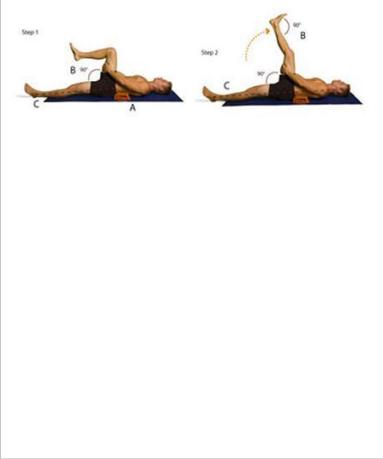


Mobility x2	90-90 Hamstrings	Squat Hold	Front Plank to Shoulder	Jumping Jacks
	10/10reps	15''	12/12reps	30 reps



Activation x2	Snow Prone	Squat Jump	Bulg Sq Focus Glut	Mountain Climbers
	12reps	12reps	12/12reps	30 reps



Pre wod x2

Push Ups

8reps



Squats

12reps



Triceps pressdown

12reps



Jumping Jacks

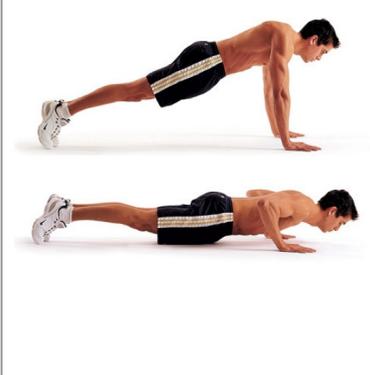
30reps



Wod 21/15/9 (con mochila)

Push ups

21/15/9



Jumping Jacks

2x(21/15/9)



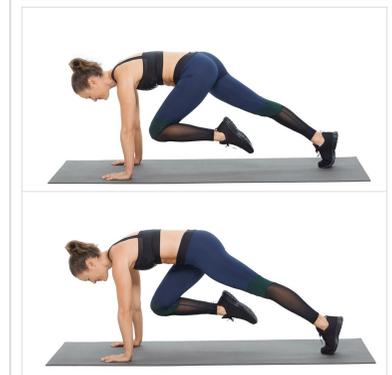
Triceps pressdown

21/15/9



Climbers

2x(21/15/9)



Suats

21/15/9



Climbers

2x(21/15/9)



Burpees

21/15/9



Jumping Jacks

2x(21/15/9)

