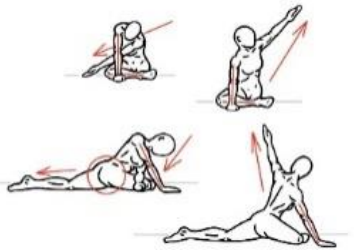














Mobility x2	Rotation Pidgeon Strech 12reps	Glute Bridge 20reps	Lateral Elev Sh 10/10reps	Mountain Climbers 20 reps
				
Activation x2	Bear Crawl 8reps	Legs Front Plank 10/10reps	Standing Dynamic Glute 10/10reps	Jumping Jacks 30 reps
				

Pre wod x2	Hollow Rocks	Squat Bouncer	Handstand push ups	Burpees
	12reps	6/6reps	8reps	5reps
				
Wod x10	Thruster	Hollow Rocks		
	15reps	20reps		
				

Wod 2
12 EMOM (Every Minute on
the Minute)

Jumping Jacks/Mount Cl

30reps



Burpees

7reps

ictiva

