

Mobility x2	Spiderman Lg 8/8reps	Pidgeon Stretch 8/8reps	Kn. Side2 Shldr 12/12reps	Jumping Jacks 40 reps
				
Activation x2	Dead Bug 12/12reps	Lat Plank Tec Run 10/10reps	Front Plank2Wall 12/12reps	Jumping Jacks 40 reps
				

Pre wod x2

Push leg ups

8reps

Steps ups

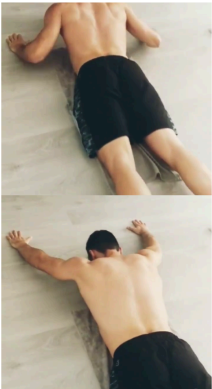
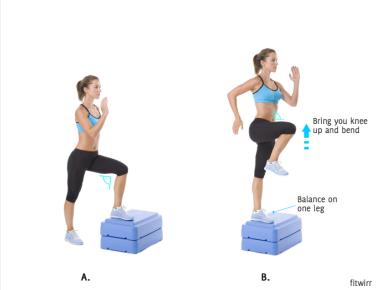
12reps

Towel pull ups

5eps

Jumping Jacks

40reps



Wod 16'
c/2' (W 'n R)

Push leg ups

16

Step ups

16

Towel pull ups

8

