









Mobility x2	<div>Inchworm</div> <div>12/12reps</div>	<div>Add Frog Hip</div> <div>8/8reps</div>	<div>Standing Dynamic Glute</div> <div>10/10reps</div>	<div>Jumping Jacks</div> <div>20 reps</div>
				
Activation x2	<div>Dynamic Back</div> <div>10/10reps</div>	<div>Front Plank Hold</div> <div>10/10reps</div>	<div>Dead Bug</div> <div>12/12reps</div>	<div>Jumping Jacks</div> <div>30 reps</div>
				

Pre wod x2	Table Row	Push Ups	Lunges	Climbers
	8reps	8reps	12reps	40reps
				
Wod Murph* 5x(20 Table Row+40 push ups+60 iso abd+80 lunges+100 jumping)	Table Row	Push ups	Iso Abd Kn to Elb	Lunges
	100	200	300	400
				
	Jumping Jacks			
	500			

Wod Murph* 5x(20 Table
Row+40 push ups+60 iso
abd+80 lunges+100 jumping)

Table Row

100

Push ups

200

Iso Abd Kn to Elb

300

Lunges

400

