

Mobility x2	Rot Pdgn Stretch 10/10reps	Kn. Side2 Shldr 12/12reps	Kneeling Side to wall sh 10/10	Skipping 20 reps
				
Activation x2	Single Hip Thrust 10/10reps	Split Focus Glute 10/10reps	Row elastic 15reps	Skipping 20 reps
				

Pre wod x2

Push Ups

8reps

Steps ups

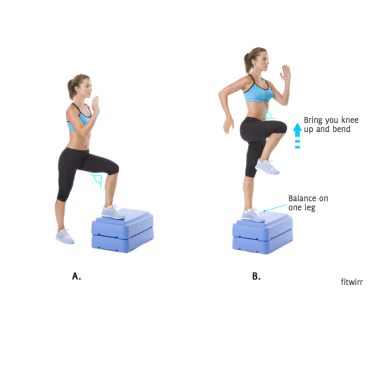
8/8eps

Iso abd kn to elb

8/8reps

Skipping

20reps



Wod (for time)
Scaled 10x(12-24-24)

Push ups

120

Steps ups

240(120/120)

Iso abd kn t elb

240(120/120)

