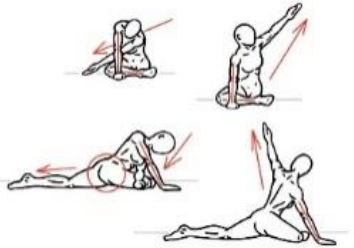
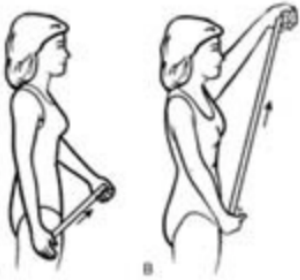
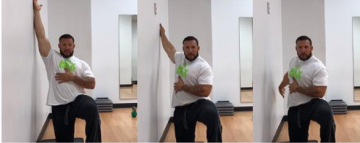







Mobility x2	<div data-bbox="546 165 763 207">Rot Pdgn Stretch</div> <div data-bbox="546 236 667 271">10/10reps</div>	<div data-bbox="934 165 1151 207">Kn. Side2 Shldr</div> <div data-bbox="934 236 1055 271">12/12reps</div>	<div data-bbox="1321 165 1641 207">Kneeling Side to wall sh</div> <div data-bbox="1321 236 1391 271">10/10</div>	<div data-bbox="1709 165 1827 207">Skipping</div> <div data-bbox="1709 236 1800 271">20 reps</div>
				
Activation x2	<div data-bbox="546 644 719 686">Glute Bridge</div> <div data-bbox="546 715 629 750">20reps</div>	<div data-bbox="934 644 1162 686">Split Focus Glute</div> <div data-bbox="934 715 1055 750">10/10reps</div>	<div data-bbox="1321 644 1476 686">Row elastic</div> <div data-bbox="1321 715 1404 750">15reps</div>	<div data-bbox="1709 644 1827 686">Skipping</div> <div data-bbox="1709 715 1800 750">30 reps</div>
				

Pre wod x2

Indian Push Ups

reps

Swing Kb

10/10reps

Iso abd kn to elb

8/8reps

Skipping

40reps



Wod (for time) 9 rounds
(8/10/12, 10/8/12, 12/8/10)

Indian push ups

8

Swing Kb

10/10reps

Iso abd kn t elb

12/12reps

