








Mobility x2	Hip Frog 12reps	Frog Pump 20reps	Lying 90° IQ 10/10reps	Mountain Climbers 20 reps
				
Activation x2	Inchworm 12reps	Front Plank Hold 40''	Spine thoracic plus 12/12reps	Jumping Jacks 30 reps
				

Pre wod x2	<div>Hollow Rocks</div> <div>12reps</div> 	<div>Swing Kb 1 hand</div> <div>12/12reps</div> 	<div>Handstand push ups</div> <div>8reps</div> 	<div>Mountain Climbers</div> <div>40reps</div> 
Wod (for time) 21-19-17-15-13-11-9-7-5-3	<div>Hollow Rocks</div> <div>21, 19... 3</div> 	<div>Swing Kb 1 hand</div> <div>21/21, 19/19... 3/3</div> 	<div>Hand Stand push ups</div> <div>21/21, 19/19...3/3</div> 	<div>Jumping Jacks/Mount Cl</div> <div>x3=63, 57, 51... 9</div> 