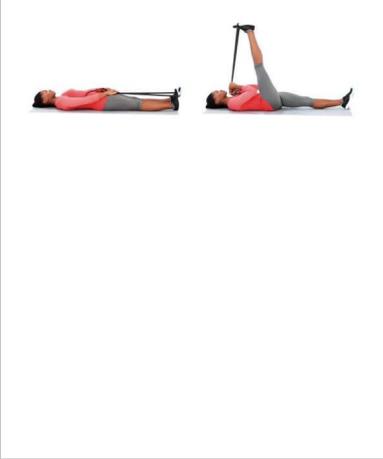
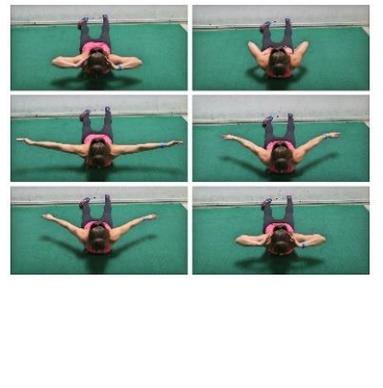
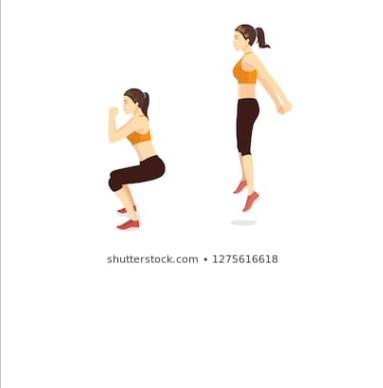


<b>Mobility x2</b>	<b>Lying 90° IQ</b> 10/10reps	<b>Squat Hold</b> 15''	<b>Plank to push up</b> 12/12reps	<b>Skipping</b> 30 reps
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<b>Activation x2</b>	<b>Squat Jump</b> 12reps	<b>Snow Prone</b> 12reps	<b>Split Focus Glut</b> 12/12reps	<b>Mountain Climbers</b> 30 reps
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Pre wod x2

Push Ups

10reps



Squats

15reps



Burpees

5reps



Jumping Jacks

30reps



Wod x5

**Push ups**

20



**Jumping Jacks**

40



**Squats**

40



**Climbers**

40



**Burpees**

10



**Skipping**

40



Post Wod x5

**Plank**

40"/20"



**Lateral plank L**

40"/20"



**Lateral Plank R**

40"/20"



**Iso Glute Bridge**

40"/20"

