

Mobility x2	Add Frog Hip 8/8reps	Spiderman Lg Plus 8/8reps	Standing Dinamicé gluten 10/10reps	Skipping 20 reps
				
Activation x2	Single Glute Bridge 10/10reps	Legs Front Plank 10/10reps	Rotation Sh 15reps	Skipping 30 reps
				

Pre wod x2

Bear Crawl

10reps

Squat Jump

8Reps

V Abd

10reps

Skipping

40reps



Wod 10x(1'30" work 'n rec.,
30" skipping + 8 Bear Crawl
+ 12 V)

Skipping

30"

Bear Crawl

8 Reps.

V Abd

12reps.

