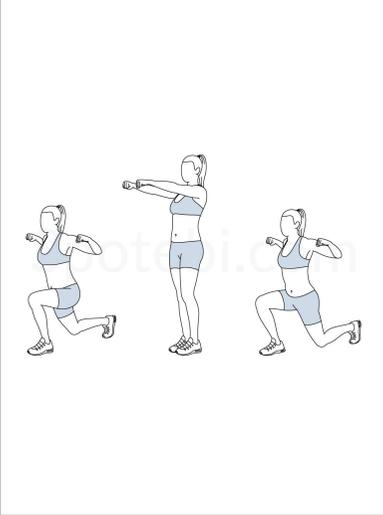
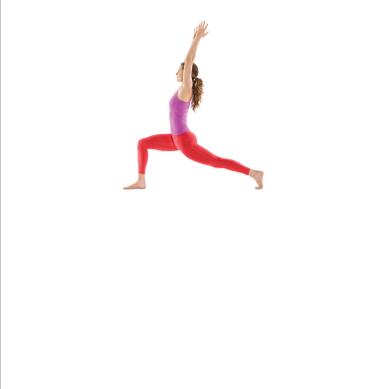
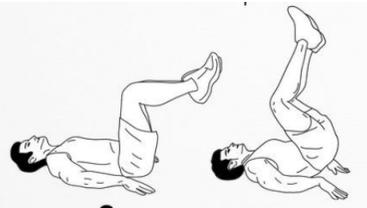
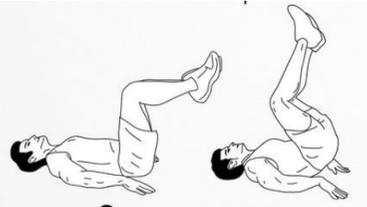


<p><b>Mobility x2</b></p>	<p>Sh Squeeze Reverse Lunge</p> <p>8/8reps</p>	<p>Spinec Thoracic Plus</p> <p>12/12reps</p>	<p>Triceps Stretch</p> <p>10/10reps</p>	<p>Jumping Jacks</p> <p>40 reps</p>
				
<p><b>Activation x2</b></p>	<p>High Lunge</p> <p>10/10reps</p>	<p>Plank Pull Though</p> <p>8/8reps</p>	<p>Alternate Rotation Sh</p> <p>10/10reps</p>	<p>Jumping Jacks</p> <p>40 reps</p>
				

<p><b>Pre wod</b></p>	<p><b>Reverse Crunches</b></p> <p>12reps</p>	<p><b>Overhead Lunges</b></p> <p>12reps</p>	<p><b>Devil Press</b></p> <p>12reps</p>	<p><b>Jumping Jacks</b></p> <p>40reps</p>
				
<p><b>Wod 10'</b> <b>c/2' (W 'n R)</b></p>	<p><b>Reverse Crunches</b></p> <p>16reps</p>	<p><b>Overhead Lunges</b></p> <p>14reps.</p>	<p><b>Devil Press</b></p> <p>12reps.</p>	
				

Wod 10'  
c/2' (W 'n R)

**Abd.**

16reps



**Swing Kb**

14 Reps.



**Burpees Target**

12reps.

