

Mobility x2

Quads Stretch

10/10reps



Spine Thoracic Plus

12/12reps



Rotation sh

10/10



Skipping

30 reps



Activation x2

Glute Bridge

20reps



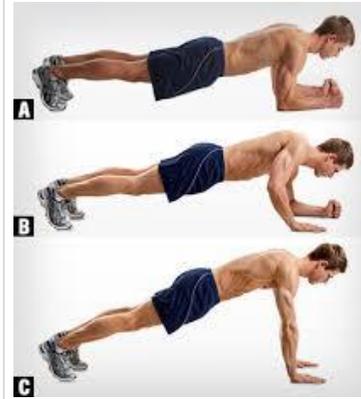
Crossover Lunge

10/10reps



Plank to push up

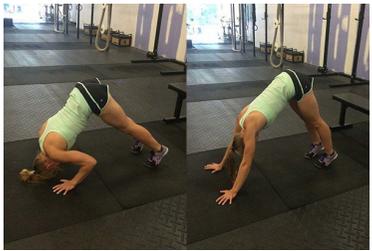
20reps



Skipping

40 reps

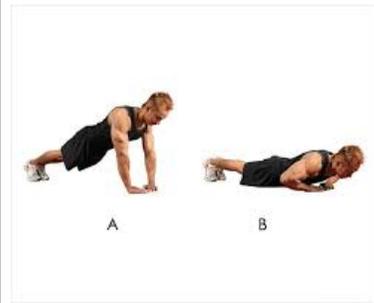


<p>Pre wod x2</p>	<p>Handstand Push ups</p> <p>8reps</p>	<p>Squat</p> <p>12reps</p>	<p>Triceps Pressdown</p> <p>12reps</p>	<p>V Abd</p> <p>10reps</p>
				
<p>Wod (for time) 21/15/9</p>	<p>Handstand Push ups</p> <p>21/15/9reps</p>	<p>Squat</p> <p>21/15/9reps</p>	<p>V Abd</p> <p>21/15/9reps</p>	
				

Wod (for time) 21/15/9

Diamond Flexion

21/15/9reps



Squat

21/15/9reps



Hollow Rock

21/15/9reps



Wod (for time) 21/15/9

Burpees

21/15/9reps



Squat

21/15/9reps



Sit up

21/15/9reps

