



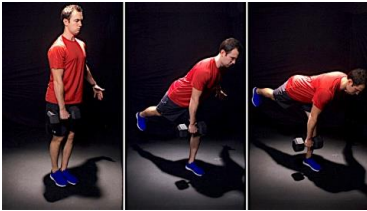









Mobility x2	Inchworm 12/12reps	90-90 Hamstrings 8/8reps	Wall Squat Hold 15"	Jumping Jacks 20 reps
				
Activation x2	Single Deadlift 10/10reps	Front Plank Hold 10/10reps	Lying Wall Slide 12/12reps	Jumping Jacks 30 reps
				

Pre wod x2	<div>Burpees</div> <div>6reps</div>	<div>Burpees target</div> <div>6reps</div>	<div>Hollow Rock</div> <div>12reps</div>	<div>Jumping Jacks</div> <div>40reps</div>
				
Wod EMON 20' ODD: B+H Even: JJ	<div>Burpees</div> <div>5/10</div>	<div>Hollow Rock</div> <div>20/10</div>		<div>Jumping Jacks</div> <div>60</div>
	