

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

<p><b>Pre wod x2</b></p>	<p><b>Bear Crawl</b> 10reps</p>	<p><b>Squat Jump</b> 8Reps</p>	<p><b>V Abd</b> 10reps</p>	<p><b>Skipping</b> 40reps</p>
				
<p><b>Wod 10x(1'30" work 'n rec., 30" skipping + 8 Bear Crawl + 12 V)</b></p>	<p><b>Skipping</b> 30"</p>	<p><b>Bear Crawl</b> 8 Reps.</p>	<p><b>V Abd</b> 12reps.</p>	
				