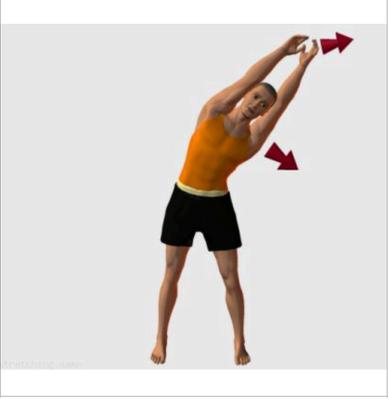
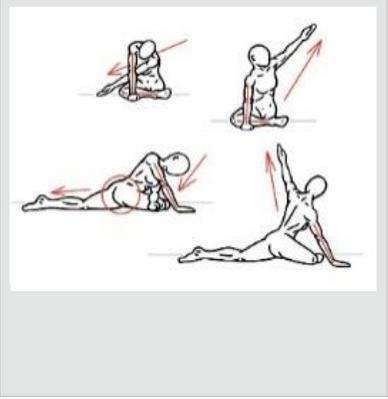
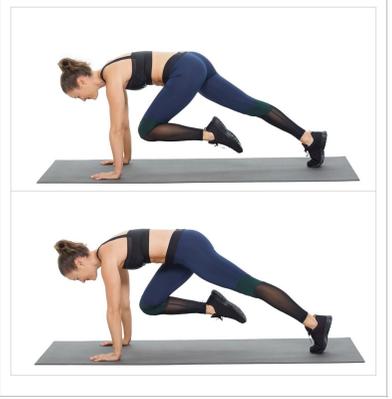
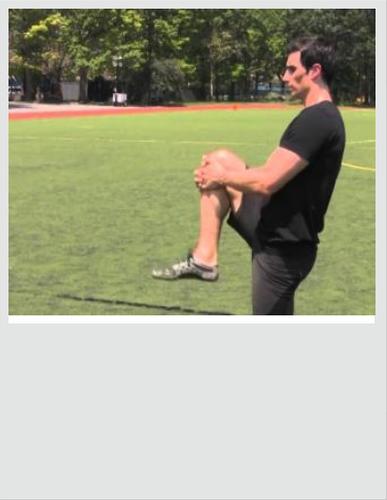


Mobility x2	Dynamic Back 8/8reps	Inchworm 12reps	Rotation Pidgeon Strech 10/10reps	Mountain Climbers 30 reps
				
Activation x2	Single Glute Bridge 10/10reps	Standing Dynamic Glute 10/10reps	Rotation Back 10/10reps	Jumping Jacks 30 reps
				

<p>Pre wod x2</p>	<p>Front Plank arms</p> <p>10/10reps</p>	<p>Table Row</p> <p>6Reps</p>	<p>V Abd</p> <p>10reps</p>	<p>Skipping</p> <p>40reps</p>
				
<p>Wod 10x(1'30" work 'n rec., 30" Front Plank + 8 Table Row + 40 Jumping)</p>	<p>Front Plank Hold</p> <p>30"</p>	<p>Table Row</p> <p>8 Reps.</p>	<p>Jumping Jacks</p> <p>40reps.</p>	
				