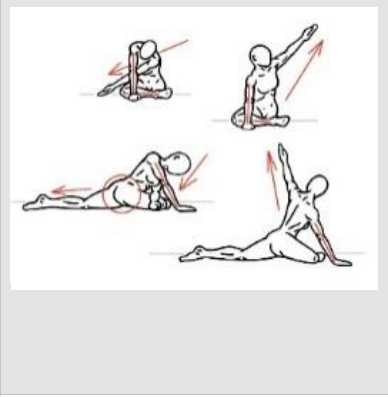


Mobility x2	Dynamic Back 8/8reps	Inchworm 12reps	Rotation Pidgeon Strech 10/10reps	Mountain Climbers 30 reps
				
Activation x2	Single Glute Bridge 10/10reps	Standing Dynamic Glute 10/10reps	Rotation Back 10/10reps	Jumping Jacks 30 reps
				

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