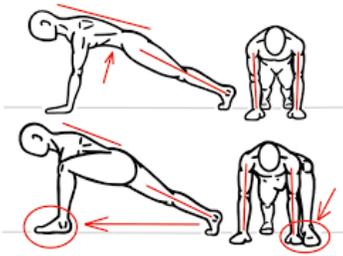


Mobility x2	Standing Dynamic Psoas 8/8reps	Spiderman Lg Plus 12/12reps	Lateral Elevation Sh 10/10reps	Skipping 30 reps
				
Activation x2	Crossover Lunge 10/10reps	Front Plank arms 12/12reps	Frog Pump 20reps	Mountain Climbers 30 reps
				

Pre wod x2

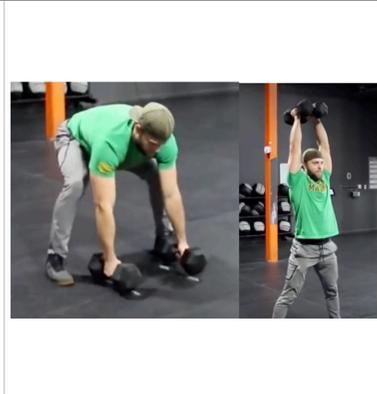
Overhead Lunge

8/8reps



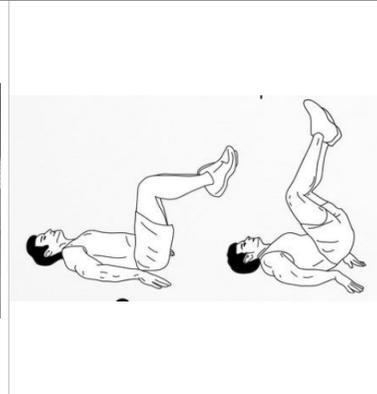
Devil Press

12reps



Reverse Crunches

16reps



Jumping Jacks

30reps



Wod 10x(20 Overhead Lunge + 20 Devil Press + 20 Reverse Crunches)

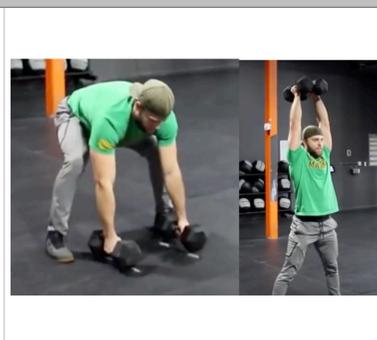
Overhead Lunge

10/10reps



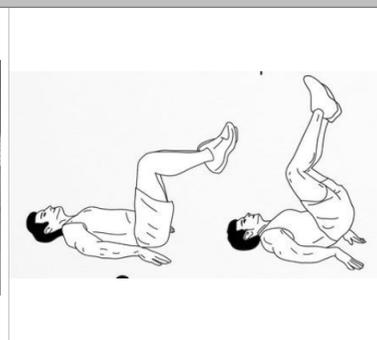
Devil Press

20 Reps.



Reverse Crunches

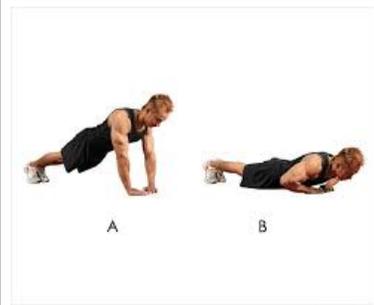
20reps.



Post-wod x3

Iso Triceps flexion

10reps



Butterfly lumbar

8 Reps.



Abd

12reps.

