

















Mobility x2	90-90 Hamstrings 10/10reps	Squat Hold 15''	Front Plank to Shoulder 12/12reps	Jumping Jacks 30 reps
				
Activation x2	Snow Prone 12reps	Squat Jump 12reps	Bulg Sq Focus Glut 12/12reps	Mountain Climbers 30 reps
		 <p>shutterstock.com • 1275616618</p>		

Pre wod x2	<div>Push Ups</div> <div>8reps</div>	<div>Squats</div> <div>12reps</div>	<div>Triceps pressdown</div> <div>12reps</div>	<div>Jumping Jacks</div> <div>30reps</div>
				

Wod 21/15/9 (con mochila) 21/15/9	Push ups 21/15/9	Jumping Jacks 2x(21/15/9)	Triceps pressdown 21/15/9	Climbers 2x(21/15/9)
				
	Suats 21/15/9	Climbers 2x(21/15/9)	Burpees 21/15/9	Jumping Jacks 2x(21/15/9)
	