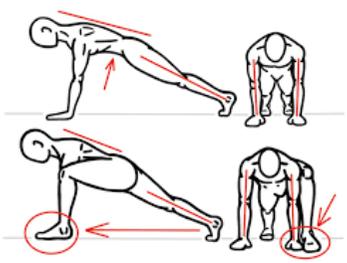
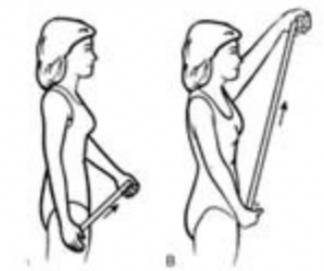
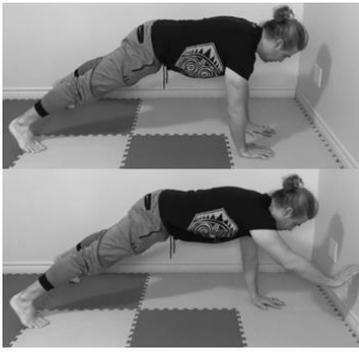


Mobility x2	Spiderman Lg 8/8reps	Pidgeon Stretch 8/8reps	Kn. Side2 Shldr 12/12reps	Jumping Jacks 40 reps
	 <p>Diagrams illustrating the Spiderman Lunge stretch. The top row shows a side view and a top-down view of the lunge with red arrows indicating the direction of movement for the front leg and torso. The bottom row shows a side view and a top-down view of the lunge with red circles around the front and back feet and red arrows pointing towards each other, indicating the width of the stance.</p>	 <p>Two photographs of a woman performing the Pigeon Stretch. Image 'a' shows her in a high plank position with her right knee pulled up towards her chest. Image 'b' shows her in a low lunge position with her right knee pulled up towards her chest and her torso leaning forward.</p>	 <p>Two line drawings illustrating the Knuckle Side to Shoulder stretch. The left drawing shows a side view of a person standing with their right hand on their right knee. The right drawing shows a side view of a person standing with their right hand on their right knee and their left arm extended upwards, with the left hand reaching towards the right knee.</p>	 <p>Two photographs of a woman performing Jumping Jacks. The left photo shows her standing with her feet together and arms at her sides. The right photo shows her in a jumping jack position with her feet wide apart and arms raised above her head.</p>
Activation x2	Dead Bug 12/12reps	Lat Plank Tec Run 10/10reps	Front Plank2Wall 12/12reps	Jumping Jacks 40 reps
	 <p>Two photographs of a woman performing the Dead Bug exercise. The top photo shows her lying on her back with her knees bent and feet flat on the floor, holding her feet with her hands. The bottom photo shows her lying on her back with her arms extended upwards and her legs extended downwards, holding her feet with her hands.</p>	 <p>Two photographs of a woman performing the Lat Plank Tec Run exercise. The top photo shows her in a side plank position with her right arm extended upwards and her left arm extended downwards. The bottom photo shows her in a side plank position with her right arm extended upwards and her left arm extended downwards, with her feet lifted off the floor.</p>	 <p>Two photographs of a woman performing the Front Plank to Wall exercise. The top photo shows her in a front plank position with her hands on the floor. The bottom photo shows her in a front plank position with her hands on the floor and her feet against a wall.</p>	 <p>Two photographs of a woman performing Jumping Jacks. The left photo shows her standing with her feet together and arms at her sides. The right photo shows her in a jumping jack position with her feet wide apart and arms raised above her head.</p>

Pre wod x2

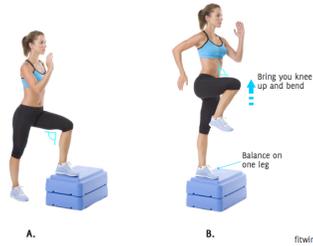
Push leg ups

8reps



Steps ups

12reps



Towel pull ups

5eps



Jumping Jacks

40reps



Wod 16'
c/2' (W 'n R)

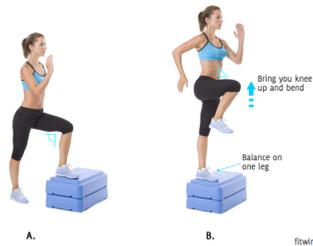
Push leg ups

16



Step ups

16



Towel pull ups

8

