



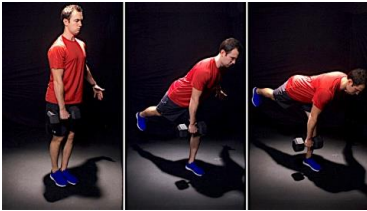






Mobility x2	Inchworm 12/12reps	90-90 Hamstrings 8/8reps	Wall Squat Hold 15"	Jumping Jacks 20 reps
				
Activation x2	Single Deadlift 10/10reps	Front Plank Hold 10/10reps	Lying Wall Slide 12/12reps	Jumping Jacks 30 reps
				

Pre wod x2	Push ups 8reps	Squat 12reps	Abd. 12reps	Climbers 40reps
				
Wod Murph* (400 jumping jacks+100 push ups+200 abd+300 squat+400 jumping)	Push ups 100	Abd. diamond sit ups 200	Squat 300	Jumping Jacks 400+400
		