













<b>Mobility x2</b>	<b>Lying 90° IQ</b> 10/10reps	<b>Lying wall slide</b> 15reps	<b>Plank to push up</b> 10/10reps	<b>Skipping</b> 40 reps
				
<b>Activation x2</b>	<b>Squat Bouncer</b> 16reps	<b>Snow Prone</b> 12reps	<b>Split Focus Glut</b> 12/12reps	<b>Mountain Climbers</b> 40 reps
				

Pre wod x2	Push Ups 10reps	Squats 15reps	V Abd 12reps	Jumping Jacks 40reps
				

Wod 1 (cada min subimos 5reps hasta que no entremos en el minuto)	Squats 5reps, 10, 15...				
					

Wod 2 (cada min subimos  
5reps hasta que no  
entremos en el minuto)

### Push ups

5reps, 10, 15...

