

<b>Mobility x2</b>	<b>Rotation Sh</b> 15reps	<b>Standing Dynamic Glute</b> 10/10reps	<b>Kneeling Side Wall Sh</b> 12/12reps	<b>Jumping Jacks</b> 40 reps
				
<b>Activation x2</b>	<b>Single Hip Thrust</b> 12/12reps	<b>Inchworm</b> 12reps	<b>Front Plank Arms</b> 12/12reps	<b>Jumping Jacks</b> 40 reps
				

Pre wod x2	<div>Russian Twist</div> <div>30reps</div>	<div>Steps ups</div> <div>8/8reps</div>	<div>Burpees</div> <div>6reps</div>	<div>Jumping Jacks</div> <div>40reps</div>
				
Wod 20' 14 steps ups + 7 burpees (Cada 3 rondas 40 jumping jacks y 20 V abd)	<div>Steps ups</div> <div>7/7reps</div>	<div>Burpees</div> <div>7reps</div>	<div>Jumping Jacks</div> <div>40reps</div>	<div>V Abd</div> <div>20reps</div>
				

