









Mobility x2	Lying Rotation Spine Thoracic 8/8reps	Inchworm 12reps	Squat Strech 12/12reps	Mountain Climbers 30 reps
				
Activation x2	Standing Dynamic Glute 10/10reps	Bulgarian Squat Focus Glute 10/10reps	Lateral Elevation Sh 10/10reps	Jumping Jacks 30 reps
				

Pre wod x2	<div>Steps Ups</div> <div>10/10reps</div>	<div>Push Ups</div> <div>10reps</div>	<div>Hollow Rock</div> <div>10reps</div>	<div>Skipping</div> <div>40reps</div>
				
Wod (500 steps ups con mochila, cada 2' paramos y hacemos 15 flexiones y 20 hollo rock)	<div>Steps ups</div> <div>500reps</div>	<div>Push ups</div> <div>15Reps.</div>	<div>Hollow Rock</div> <div>20reps.</div>	
				