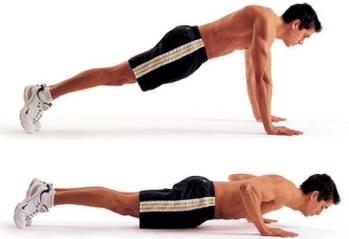


Mobility x2	<p>Lying 90° IQ</p> <p>10/10reps</p>	<p>Lying wall slide</p> <p>15reps</p>	<p>Plank to push up</p> <p>10/10reps</p>	<p>Skipping</p> <p>40 reps</p>
				
Activation x2	<p>Squat Bouncer</p> <p>16reps</p>	<p>Snow Prone</p> <p>12reps</p>	<p>Split Focus Glut</p> <p>12/12reps</p>	<p>Mountain Climbers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

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...

