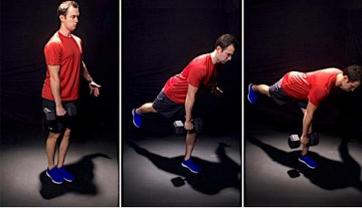


<b>Mobility x2</b>	<b>Inchworm</b> 12/12reps	<b>90-90 Hamstrings</b> 8/8reps	<b>Wall Squat Hold</b> 15''	<b>Jumping Jacks</b> 20 reps
				
<b>Activation x2</b>	<b>Single Deadlift</b> 10/10reps	<b>Front Plank Hold</b> 10/10reps	<b>Lying Wall Slide</b> 12/12reps	<b>Jumping Jacks</b> 30 reps
				

<p><b>Pre wod x2</b></p>	<p><b>Burpees</b> 6reps</p>	<p><b>Burpees target</b> 6reps</p>	<p><b>Hollow Rock</b> 12reps</p>	<p><b>Jumping Jacks</b> 40reps</p>
				
<p><b>Wod EMON</b> 20' ODD: B+H Even: JJ</p>	<p><b>Burpees</b> 5/10</p>	<p><b>Hollow Rock</b> 20/10</p>		<p><b>Jumping Jacks</b> 60</p>
				