



<b>Mobility x2</b>	<b>Sd. Side2Wall Shldr</b> 12reps	<b>Squat Hold</b> 12reps	<b>Front Plank to Shoulder</b> 12/12reps	<b>Jumping Jacks</b> 20 reps
				
<b>Activation x2</b>	<b>Snow Prone</b> 12reps	<b>Eccentric Squat</b> 12reps	<b>Bulg Sq Focus Glut</b> 12/12reps	<b>Jumping Jacks</b> 30 reps
				

Pre wod x2	<div>Push Ups</div> <div>8reps</div>	<div>Squats</div> <div>12reps</div>	<div>Triceps pressdown</div> <div>12reps</div>	<div>Jumping Jacks</div> <div>40reps</div>
				
Wod x7	<div>Push Ups</div> <div>15reps</div>	<div>Mountain climbers</div> <div>30reps</div>	<div>Triceps press down</div> <div>15reps</div>	<div>Mountain climbers</div> <div>30reps</div>
		