

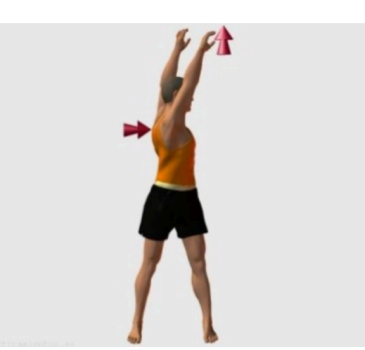












<b>Mobility x2</b>	<b>Rotation Sh</b> 15reps	<b>Pidgeon Stretch</b> 8/8reps	<b>Rotation Back</b> 20reps	<b>Jumping Jacks</b> 40 reps
				
<b>Activation x2</b>	<b>Frog Hip Thrust</b> 12/12reps	<b>Inchworm</b> 12reps	<b>Front Plank Arms</b> 12/12reps	<b>Jumping Jacks</b> 40 reps
				

Pre wod x2	<div>V Abd</div> <div>8reps</div> 	<div>Squats Kb</div> <div>12reps</div> 	<div>Table Row</div> <div>6eps</div> 	<div>Jumping Jacks</div> <div>40reps</div> 
Wod 20' c/2' (W 'n R)	<div>V Abd</div> <div>16reps</div> 	<div>Squat Kb</div> <div>16reps</div> 	<div>Table Row</div> <div>10reps</div> 