






Mobility x2	Quads Stretch 10/10reps	Spine Thoracic Plus 12/12reps	Rotation sh 10/10	Skipping 30 reps
				
Activation x2	Glute Bridge 20reps	Crossover Lunge 10/10reps	Plank to push up 20reps	Skipping 40 reps
				

Pre wod x2

Handstand Push ups

8reps



Squat

12reps



Triceps Pressdown

12reps



V Abd

10reps



Wod (for time) 21/15/9

Handstand Push ups

21/15/9reps



Squat

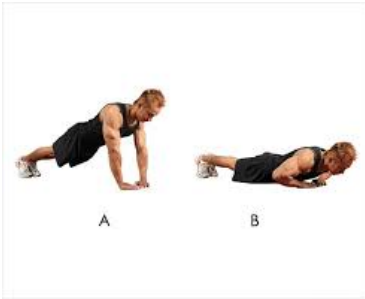


21/15/9reps



V Abd

21/15/9reps



<p>Wod (for time) 21/15/9</p>	<p>Diamond Flexion</p> <p>21/15/9reps</p>	<p>Squat</p> <p>21/15/9reps</p>	<p>Hollow Rock</p> <p>21/15/9reps</p>
			
<p>Wod (for time) 21/15/9</p>	<p>Burpees</p> <p>21/15/9reps</p>	<p>Squat</p> <p>21/15/9reps</p>	<p>Sit up</p> <p>21/15/9reps</p>
	