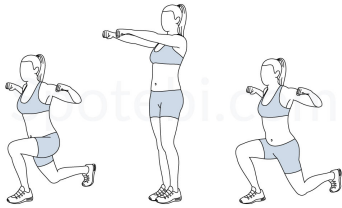







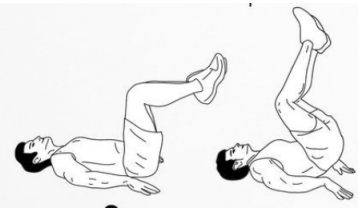



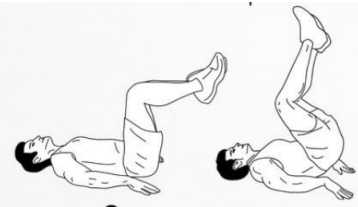




Mobility x2	Sh Squeeze Reverse Lunge 8/8reps	Spinec Thoracic Plus 12/12reps	Triceps Stretch 10/10reps	Jumping Jacks 40 reps
				
Activation x2	High Lunge 10/10reps	Plank Pull Though 8/8reps	Alternate Rotation Sh 10/10reps	Jumping Jacks 40 reps
				

Pre wod	Reverse Crunches	Overhead Lunges	Devil Press	Jumping Jacks
	12reps	12reps	12reps	40reps
				
Wod 10' c/2' (W 'n R)	Reverse Crunches	Overhead Lunges	Devil Press	
	16reps	14reps.	12reps.	
				

Wod 10'
c/2' (W 'n R)

Abd.

16reps



Swing Kb

14 Reps.



Burpees Target

12reps.

