



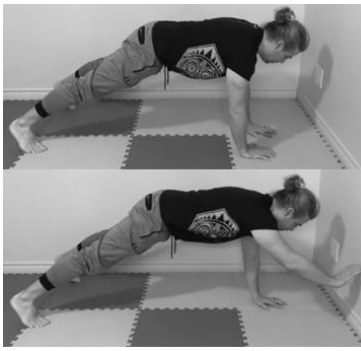



Mobility x2	Spiderman Lg 8/8reps	Pidgeon Stretch 10/10reps	Stand Dnmc Psoas 12/12reps	Jumping Jacks 20 reps
				
Activation x2	Dead Bug 10/10reps	Lat Plank Tec Run 10/10reps	Front Plank2Wall 12/12reps	Jumping Jacks 20 reps
				

Pre wod x2	Butterfly sit ups 8reps	Air Squats 12reps	Inchworm 12reps	Jumping Jacks 20reps
				
Wod (for time) 10-45-5, 9-40-5, ... 1-5-5	Butterfly sit ups 10-9-8-7... 1	Air Squats 45-40-35-30...5	Burpees target 5	
				