

|                      |  |  |  |  |
|----------------------|--|--|--|--|
| <b>Mobility x2</b>   | <b>Inchworm</b><br>12/12reps   | <b>Add Frog Hip</b><br>8/8reps   | <b>Standing Dynamic Glute</b><br>10/10reps   | <b>Jumping Jacks</b><br>20 reps  |
|                      |   |  |   |   |
| <b>Activation x2</b> | <b>Dynamic Back</b><br>10/10reps   | <b>Front Plank Hold</b><br>10/10reps   | <b>Dead Bug</b><br>12/12reps   | <b>Jumping Jacks</b><br>30 reps  |
|                      |  |  |  |  |

Pre wod x2

Table Row

8reps



Push Ups

8reps



Lunges

12reps



Climbers

40reps



Wod Murph\* 5x(20 Table Row+40 push ups+60 iso abd+80 lunges+100 jumping)

Table Row

100



Push ups

200



Iso Abd Kn to Elb

300



Lunges

400



Jumping Jacks

500

Wod Murph\* 5x(20 Table Row+40 push ups+60 iso abd+80 lunges+100 jumping)

Table Row

100

Push ups

200

Iso Abd Kn to Elb

300

Lunges

400

