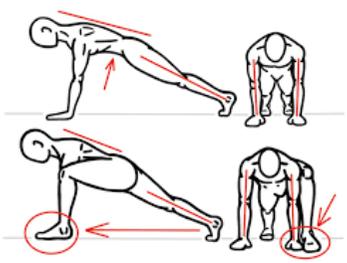
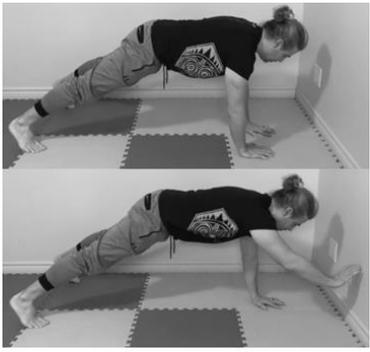


Mobility x2	Spiderman Lg 8/8reps	Pidgeon Stretch 10/10reps	Stand Dnmc Psoas 12/12reps	Jumping Jacks 20 reps
				
Activation x2	Dead Bug 10/10reps	Lat Plank Tec Run 10/10reps	Front Plank2Wall 12/12reps	Jumping Jacks 20 reps
				

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