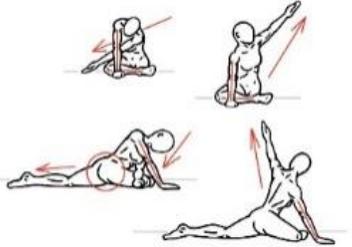
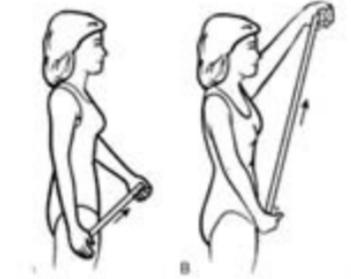
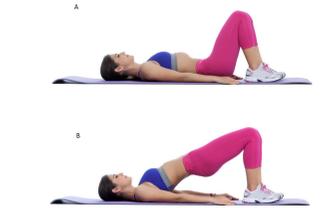


<b>Mobility x2</b>	<b>Rot Pdgn Stretch</b> 10/10reps	<b>Kn. Side2 Shldr</b> 12/12reps	<b>Kneeling Side to wall sh</b> 10/10	<b>Skipping</b> 20 reps
				
<b>Activation x2</b>	<b>Glute Bridge</b> 20reps	<b>Split Focus Glute</b> 10/10reps	<b>Row elastic</b> 15reps	<b>Skipping</b> 30 reps
				

<p><b>Pre wod x2</b></p>	<p><b>Indian Push Ups</b></p> <p>reps</p>	<p><b>Swing Kb</b></p> <p>10/10reps</p>	<p><b>Iso abd kn to elb</b></p> <p>8/8reps</p>	<p><b>Skipping</b></p> <p>40reps</p>
				
<p><b>Wod (for time) 9 rounds (8/10/12, 10/8/12, 12/8/10)</b></p>	<p><b>Indian push ups</b></p> <p>8</p>	<p><b>Swing Kb</b></p> <p>10/10reps</p>	<p><b>Iso abd kn t elb</b></p> <p>12/12reps</p>	
				