

Mobility x2	Rotation Sh 15reps	Pidgeon Stretch 8/8reps	Rotation Back 20reps	Jumping Jacks 40 reps
				
Activation x2	Frog Hip Thrust 12/12reps	Inchworm 12reps	Front Plank Arms 12/12reps	Jumping Jacks 40 reps
				

<p>Pre wod x2</p>	<p>V Abd 8reps</p>	<p>Squats Kb 12reps</p>	<p>Table Row 6eps</p>	<p>Jumping Jacks 40reps</p>
				
<p>Wod 20' c/2' (W 'n R)</p>	<p>V Abd 16reps</p>	<p>Squat Kb 16reps</p>	<p>Table Row 10reps</p>	
				