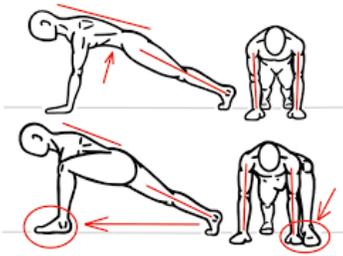


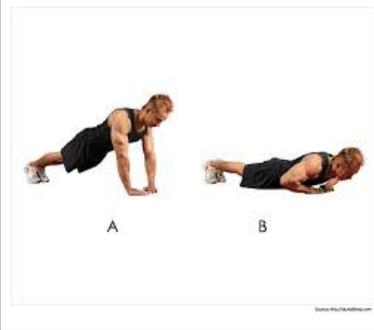
Mobility x2	Standing Dynamic Psoas 8/8reps	Spiderman Lg Plus 12/12reps	Standing Dynamic glute 10/10reps	Skipping 30 reps
				
Activation x2	Crossover Lunge 10/10reps	Front Plank arms 12/12reps	Hip Thrust 20reps	Mountain Climbers 30 reps
				

<p>Pre wod x2</p>	<p>Front Lunge</p> <p>8/8reps</p>	<p>Steps Ups</p> <p>8/8reps</p>	<p>Twister</p> <p>40reps</p>	<p>Jumping Jacks</p> <p>30reps</p>
				
<p>Wod 10x(20 Front Lunge + 20 steps ups + 20 twister)</p>	<p>Front Lunge</p> <p>20reps</p>	<p>Steps ups</p> <p>8 Reprs.</p>	<p>Twister</p> <p>20reps.</p>	
				

Post-wod x3

Iso Triceps flexion

10reps



Butterfly lumbar

8 Reps.



Abd

12reps.

