

Mobility x2

Rotation Sh

15reps



Standing Dynamic Glute

10/10reps



Kneeling Side Wall Sh

12/12reps



Jumping Jacks

40 reps



Activation x2

Single Hip Thrust

12/12reps



Inchworm

12reps



Front Plank Arms

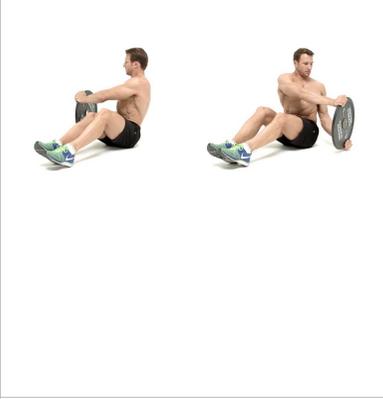
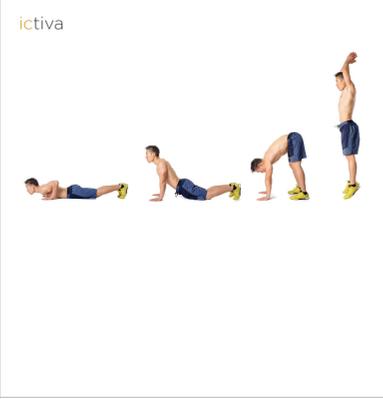
12/12reps



Jumping Jacks

40 reps



<p>Pre wod x2</p>	<p>Russian Twist 30reps</p>	<p>Steps ups 8/8reps</p>	<p>Burpees 6reps</p>	<p>Jumping Jacks 40reps</p>
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<p>Wod 20' 14 steps ups + 7 burpees (Cada 3 rondas 40 jumping jacks y 20 V abd)</p>	<p>Steps ups 7/7reps</p>	<p>Burpees 7reps</p>	<p>Jumping Jacks 40reps</p>	<p>V Abd 20reps</p>
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