


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

Pre wod x2

Front Lunge

8/8reps

Steps Ups

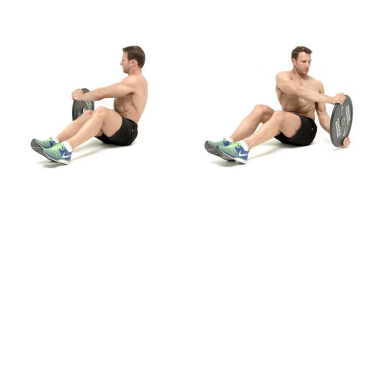
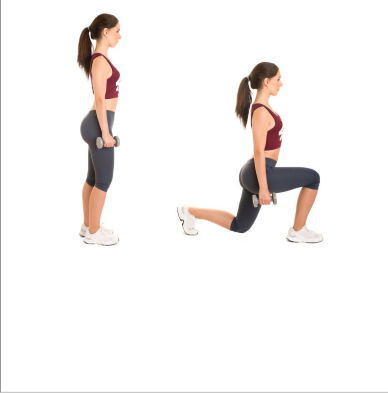
8/8reps

Twister

40reps

Jumping Jacks

30reps



Wod 10x(20 Front Lunge +  
20 steps ups + 20 twister)

Front Lunge

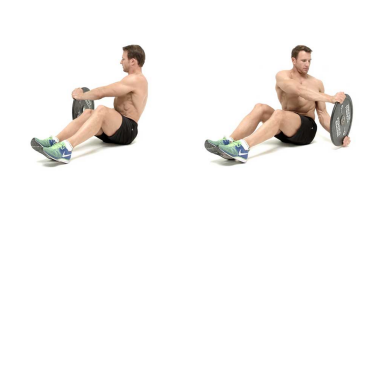
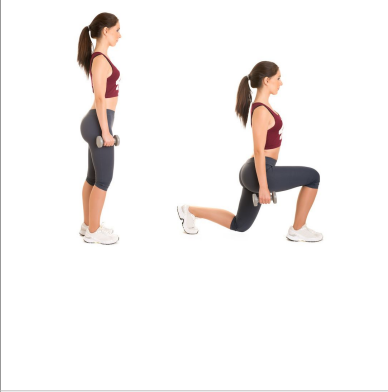
20reps

Steps ups

8 Reps.

Twister

20reps.



Post-wod x3

Iso Triceps flexion

10reps



Butterfly lumbar

8 Reps.



Abd

12reps.

