
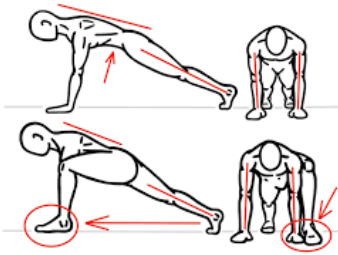








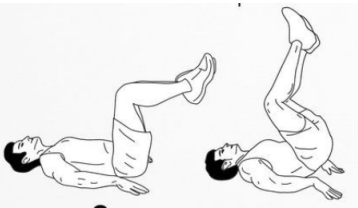



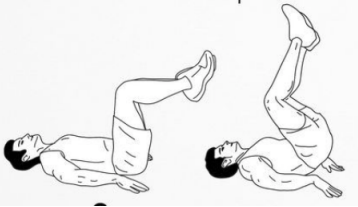


<b>Mobility x2</b>	<b>Standing Dynamic Psoas</b> 8/8reps	<b>Spiderman Lg Plus</b> 12/12reps	<b>Lateral Elevation Sh</b> 10/10reps	<b>Skipping</b> 30 reps
				
<b>Activation x2</b>	<b>Crossover Lunge</b> 10/10reps	<b>Front Plank arms</b> 12/12reps	<b>Frog Pump</b> 20reps	<b>Mountain Climbers</b> 30 reps
				

Pre wod x2	Overhead Lunge 8/8reps	Devil Press 12reps	Reverse Crunches 16reps	Jumping Jacks 30reps
				
Wod 10x(20 Overhead Lunge + 20 Devil Press + 20 Reverse Crunches)	Overhead Lunge 10/10reps	Devil Press 20 Reps.	Reverse Crunches 20reps.	
				

Post-wod x3

Iso Triceps flexion

10reps



Butterfly lumbar

8 Reps.



Abd

12reps.

