

Mobility x2	Hip Frog 12reps	Frog Pump 20reps	Lying 90° IQ 10/10reps	Mountain Climbers 20 reps
				
Activation x2	Inchworm 12reps	Front Plank Hold 40''	Spine thoracic plus 12/12reps	Jumping Jacks 30 reps
				

<p>Pre wod x2</p>	<p>Hollow Rocks</p> <p>12reps</p>	<p>Swing Kb 1 hand</p> <p>12/12reps</p>	<p>Handstand push ups</p> <p>8reps</p>	<p>Mountain Climbers</p> <p>40reps</p>
				
<p>Wod (for time) 21-19-17-15-13-11-9-7-5-3</p>	<p>Hollow Rocks</p> <p>21, 19... 3</p>	<p>Swing Kb 1 hand</p> <p>21/21, 19/19... 3/3</p>	<p>Hand Stand push ups</p> <p>21/21, 19/19...3/3</p>	<p>Jumping Jacks/Mount Cl</p> <p>x3=63, 57, 51... 9</p>
				