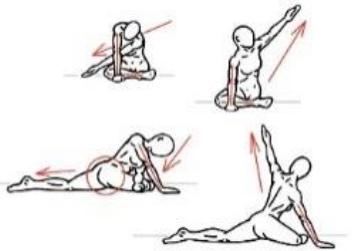
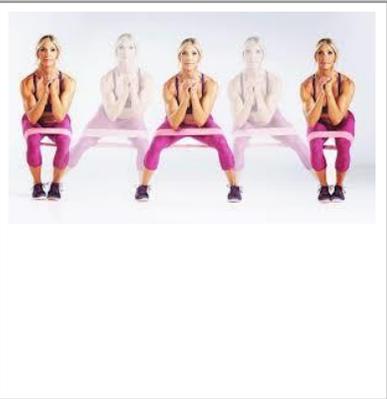
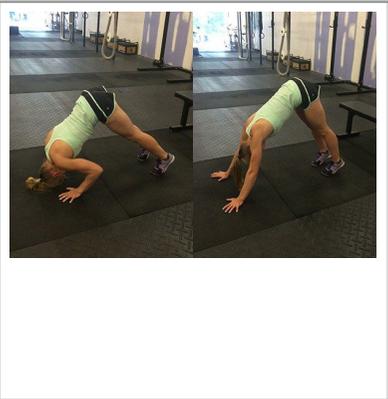
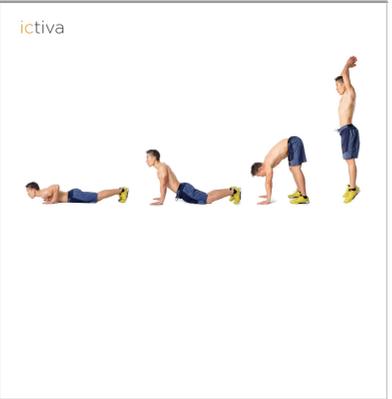
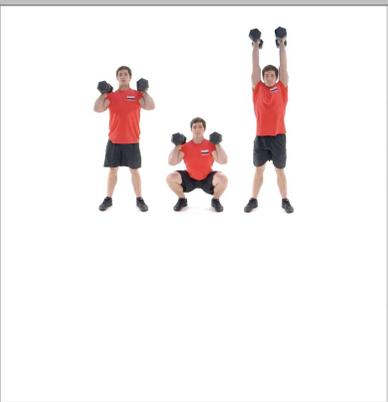


Mobility x2	Rotation Pidgeon Strech 12reps	Glute Bridge 20reps	Lateral Elev Sh 10/10reps	Mountain Climbers 20 reps
				
Activation x2	Bear Crawl 8reps	Legs Front Plank 10/10reps	Standing Dynamic Glute 10/10reps	Jumping Jacks 30 reps
				

<p>Pre wod x2</p>	<p>Hollow Rocks</p> <p>12reps</p>	<p>Squat Bouncer</p> <p>6/6reps</p>	<p>Handstand push ups</p> <p>8reps</p>	<p>Burpees</p> <p>5reps</p>
				
<p>Wod x10</p>	<p>Thruster</p> <p>15reps</p>	<p>Hollow Rocks</p> <p>20reps</p>		
				

Wod 2
12 EMOM (Every Minute on
the Minute)

Jumping Jacks/Mount Cl

30reps



Burpees

7reps

ictiva

