



Warm Up: Full Body Baseline!

Baseline last done on 5/3/23

Mobility

- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes

Dynamic

- High Knees x30(ttl)
- Butt Kicks x30(ttl)
- Jumping Jacks x30
- Leg Swings x10(ea)



Quadzilla! 12 Mins

5 Rounds

- 20 Ball Tosses @ Max
- 30 BW Step Overs(ttl)

Into → AMRAP

- Biking Cals

Score = Cals On Bike



Core EMOM: 10 Mins

Even

- 10-15 K to B/V-Up Variation

Odd

- :40 Plank



S/L Work:

- 8 Db Curl to Press
- 3-5 Pistol Squats
- 8 Lat Hops
- 8 Frontal Hops
- 3 Burpee Variation
- 8 Cal Bike (Optional)

