



## Warm Up: Cardio Baseline Day!

Baseline last done 3/16/22

- 50 External Steps(ttl)
- 50 Dorsiflex Heel Steps(ttl)
- 30 Iso High Knee(ea)
- 30 MB Lat Steps(ea)

### Foam Rolling

- Glutes/Hip Flexors
- Calves
- Adductors

### Active Stretching - 3x10(ea)

- Hip Extension w/ PVC
- Hamstrings
- Quads



## Baseline!

- 1600m Run AFAP

Into → R-O-T AMRAP

- :45 Bike @ Pace
- :20 Plank
- :20 Leg Raises
- :20 Iso Leg Raise



## Partner AMRAP: 10 Mins

### Partner A - Pacer

- 150 or 200m Run

### Partner B

- AMRAP Singles/DU



## EMOM: 4 or 5 Rounds(ea)

### Group A

- :10 Bike Sprint
- 3-5 BB
- Singles/DU AMRAP

### Group B

- Rest



