



Warm Up: Full Body Baseline!

Baseline last done 3/18/23

Mobility

- “The Stretch”
- 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)



500.50-OH: 50 Min Cap

- 500m Run
- 50 Db Alt Snatches(ttl) (35/50#)
- 50 Db OH Rev Lunges(ttl) (15/25#)
- 50 K to B or Tuck Ups
- 50 Cals Biked
- 50 Db S/A American Swings(ttl) (35/50#)
- 50 BW Squats
- 50 Db Sit Up w/ Press (20/30#)
- 50 Db Bench Step Overs(ttl) (35/50#)
- 500m Run



January 10th

Audio

