



Warm Up: Full Body!

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)



E2MOM: 4 Rounds

1. 200-450m Ran
2. 10-40 Cals Biked
3. 14-38 Cals Rowed
4. 8-30 BB



S/A Db Complex:

1 Rep = ALL

4-5 Reps(ea) w/ 1:00 TOR

- High Pull
- Clean
- Push Press
- Squat



E2MOM: 4 Rounds

1. 200-450m Ran
2. 10-40 Cals Biked
3. 14-38 Cals Rowed
4. 8-30 BB



Db Complex:

1 Rep = ALL

4-7 Reps w/ 1:00-1:30 TOR

- Hang Clean
- Deadlift
- Hang Squat Clean
- Low Row



January 14th

Audio

