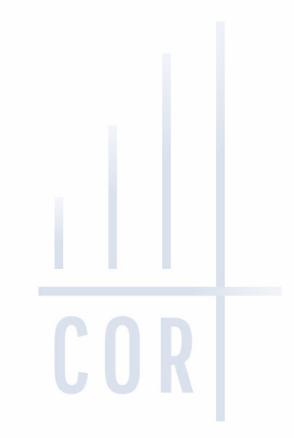


### <u>Warm Up:</u> Full Body! Mobility

- "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)



Block 1: 8 mins

## 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

Block 3: 8 mins/2 mins

#### January 14th

# 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

Audio

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