



Warm Up: Cardio Day!

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

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves
- Adductors

“The Stretch”



You go, I go!

Jump Rope:

8 Rounds(ea)

- :30 Singles/DU

Tread Intervals:

5 Rounds(ea)

- 100, 150, 200m

Jump Rope:

6 Rounds(ea)

- :30 Singles/DU

Tread AMRAP:

- 8 or 10 Cal Intervals



EMOM90: 5 Rounds(ea)

Group A

- 7-10/9-12 Cals Biked
- 100m Run
- 60/30 Singles/DU

Group B

- Rest



