

Warm Up: Cardio Day!

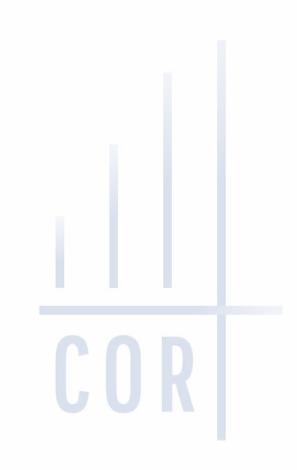
- 50 External Steps(ttl)
- 50 Dorsiflex Heel Steps(ttl)
- 30 Iso High Knee(ea)
- 30 MB Lat Steps(ea)

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves
- Adductors
- "The Stretch"

Aerobic Capacity Work:

- 4:00 or 54/70 Cals Rowed
- 1:30 Rest
- 2:00 or 24, 28, or 32 BB
- 1:30 Rest
- 3:00 or 40/52 Cals Rowed
- 1:30 Rest
- 1:30 or 16, 20, or 24 BB
- 1:30 Rest
- 2:00 or 26/34 Cals Rowed
- 1:30 Rest
- 1:00 or 8, 12, or 16 BB



<u>Alt EMOM:</u> 21 Mins Group A

- 60-80/30-40 Singles/DU
 Group B
- 2-3 BB
- 2-3 Ball Pick Ups to S
 Group C
- :8-:10 Bike Sprint

Audio



