



## 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



## Alt EMOM: 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



