



## Warm Up: **Deload Week!**

- 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”**



The Row! 25 Min Cap

- 5k Row

Rest Into →

EMOM: 10 Mins

Odd

- 10-20 Bosu Sit Ups

Even

- 8-16 Rollouts or Bosu S/L V-Ups

Into → Stability Work(One Leg)

- 3-5 Three Point Touch
- 10 Bosu Squats/5 Bench Pistol
- 20 Lateral Hops or 8 Low B/Bosu
- 3-5 Burpee Variation



February 6th

Audio

