



Warm Up: Partner 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!

Buy In & Out: Each

- 2-300/100 Singles/DU

AMRAP Ladder: DB10

3:00 Work/1:00 Rest

- 40 Rowing Cals
- 40 Ball Snatch
- 40 BB
- 40 Db Thrusters
- 40 Chin Ups
- 40 Bike Cals



February 10th

Audio

