



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”



5 Rounds:

3:00 Work/2:00 Rest

- 200 or 300m Run
Into → AMRAP
- 4 Db Clean to OH
- 4 Step Up BB



21-15-9-6-3:

- Cals Rowed
- Pull Ups(Any Variation)
- Db S/A OH Rev Lunge(ttl)
- **30 Sit Ups or 1:30**



February 11th

Audio

