



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”



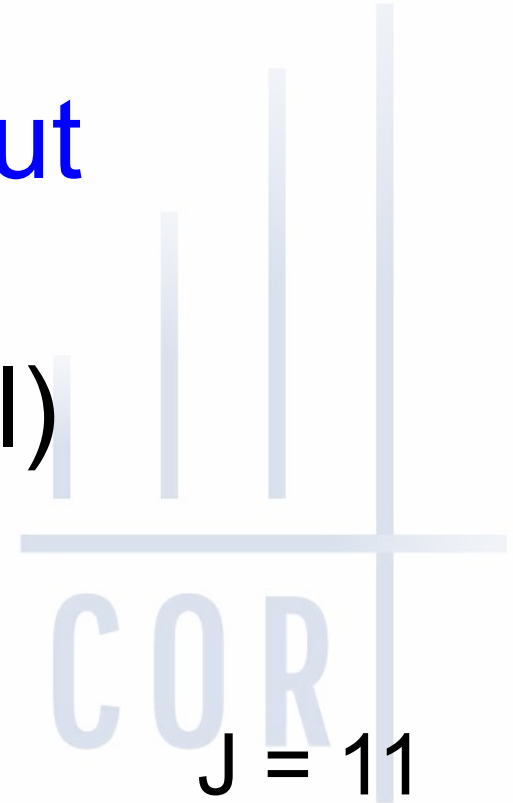
Card Game:

- ♠ Spades - Cals Ran(+2)
- ♥ Hearts - V-Up Variation/**Rollout**
- ♣ Clubs - Ball Tosses
- ♦ Diamonds - Db Step Overs(ttl)
-  Jokers - 4:00 EMOM

- :30 BB AMRAP

Every 7th Card =

- 8 Ball Cleans



J = 11

Q = 12

K = 13

Ace = 15

February 7th

Audio

