

<u>Warm Up:</u> Full Body! Mobility

- "The Stretch"
- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes

Dynamic

- High Knees x30(ttl)
- Butt Kicks x30(ttl)
- Jumping Jacks x30
- Leg Swings x10(ea)



- 24.1 Open Workout: 21-21-21-21 15-15-15-15 9-9-9-9
- Unilateral Snatch(35/50#)
- Db Over BB

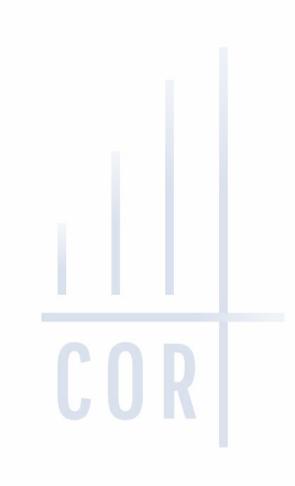
EMOM: 8 Mins Group A Switch Legs Every Rd • :25 S/L Singles

• :30 Goblet Psoas Iso Hold

2:00 Rest/Transition

Group B

- 1:00 Bike @ 70%
- 1:00 Rest



Block 3: 8 mins/1 min

You go,I go! • 150 or 200m Run

Audio



