



Warm Up: 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



You go, I go!

- 150 or 200m Run



March 10th

Audio

