



Warm Up: Cardio 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”



E10MOM: 4 Rounds

- 200, 300, 400, or 500m Run
- 10, 15, or 20 Ball Tosses
- 20 or 30 Lunge Jacks(ttl)
- 20, 30, or 40 BW Step Overs(ttl)
- Repeat Distance



March 21st

Audio

