



Warm Up: Full Body Baseline!

Baseline last done 7/20/23

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)



Keep Moving!

25 Min Cap

- 10 Db Alt Snatch (35/50#)
- 4-7/10 Step Over BB
- 15/20 Db Alt Snatch(ttl)
- 4-7/10 Step Over BB
- 20/30 Db Alt Snatch(ttl)
- 4-7/10 Step Over BB
- 25/40 Db Alt Snatch(ttl)
- 4-7/10 Step Over BB
- 30/50 Db Alt Snatch(ttl)
- 4-7/10 Step Over BB



You go, I go!

8 Rounds(ea):

- :30 Singles/DU

7 Rounds(ea):

- 3 Ball Pick Ups to S

6 Rounds(ea):

- :30 Singles/DU
- 4 Db Cleans



March 22nd

Audio

