# COR

# 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):

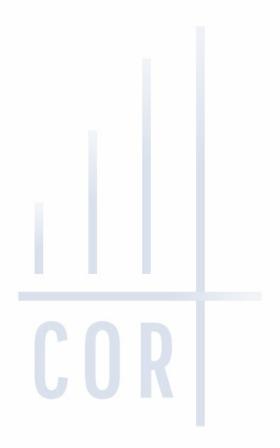
• :30 Singles/DU

# 7 Rounds(ea):

3 Ball Pick Ups to S

# 6 Rounds(ea):

- :30 Singles/DU
- 4 Db Cleans



March 22nd Audio



