



Warm Up: Full Body Day!

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)



Metcon: 25 Mins

Complex UB2 Every Rd

- 12-16/16-20 Cal Row
 - 1 Db Bear Complex(35/50#)
 - 15 K to B/V-Up Variation
 - 1:00 Rest
- Clean
Squat
Push Press
Squat
Push Press



Conditioning: Ladder

Up & Down - Repeat 10
1/2/3/etc

- Cals Ran
- Push Ups
- BW Step Overs(ttl)
- BW Squats



March 31st

Audio

