



## 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)



You go, I go!

E2MOM: 5 Rounds(ea)

- 12-16/16-20 Cals Rowed
- 7-10 Strict Pull Ups

3:00 Rest Into → 12 Round Cap

E2MOM: AMRAP

- 8-12/12-16 Cals Biked
- BB, Ball Clean to S, Step Over  
Done = 60, 80, or 100 Reps!



April 13th

Audio

