



Warm Up: Full Body Baseline!

Baseline last done on 8/15/23

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)



Bodyweight Buster!

5 Rounds! 15 Min Cap

7, 10, or 15 Reps(ea)

- BW Squats
- BB
- Push Ups



EMOM: 8 Mins

- 10-25 K to B

Or

- 8-12 Rollouts

Or

- 10-20 V-Ups/S/L V-Ups



Conditioning: 16:45 Mins w/ :15 Transitions

- 2:00 Run or Bike @ 60%+
- :45 AMRAP Ball Slam w/ Rotation
- :45 AMRAP Singles/DU
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April 26th

Audio

