



Warm Up: Cardio Day!

- 50 External Steps(ttl)
- 50 Dorsiflex Heel Steps(ttl)
- 30 Iso High Knee(ea)
- 30 MB Lat Steps(ea)

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves
- Adductors

“The Stretch”



EMOM: 8 Mins

- 10-20 K to B

Or

- 8-12 Rollouts

Or

- 10-20 V-Up Variation



E3MOM: 4 Rounds

- 200, 300, or 400m Run
- 4-8 Ball Squat Clean BB



EMOM: 6 Mins

- 10-20 K to B

Or

- 8-12 Rollouts

Or

- 10-20 V-Up
Variation



- E2MOM: 4 or 5 Rounds
- 10-28 Cals Biked



EMOM: 4 Mins

- 10-20 K to B

Or

- 8-12 Rollouts

Or

- 10-20 V-Up Variation



