



Warm Up: Cardio Baseline Day!

Baseline last done on 9/12/23

- 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”



Calorie Ladder!

50/40/30/20/10

- Run
- Bike
- Row
- Sit Ups



May 13th

Audio

