



Warm Up: Full Body Baseline Day!

Baseline last done 9/28/23

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)



Jump Lunge Baseline!

- 500 DU or 1500 Singles
- 4 Single Db Alt Rev. Lunges(ttl)
(50+/70+)

Top of each minute, perform lunges

- Do not touch weight until new min starts



Ladder: R-O-T

- 25m Run
- 1 S/A Db Swing(ea)
- 1 BB
- 1 Dbl Db Complex
 - Hang Clean
 - Clean
 - Squat Clean to Thruster
- 1 Walkout Plank



