# COR

# Warm Up: Full Body Baseline Day! Baseline last done 9/18/23 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)



### **Capacity Baseline!**

5 Min Round(s)!

**BW Squats** 

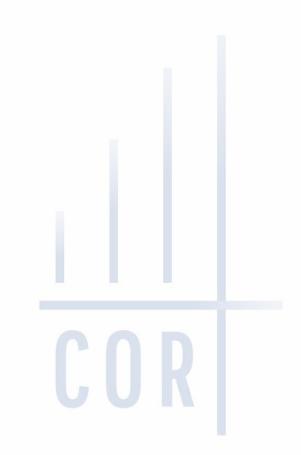
- 1. ← 90
- 2. 91-109
- 3. 110-129
- 4. 130-149
- 5. 150+



1:30 Between Rounds!

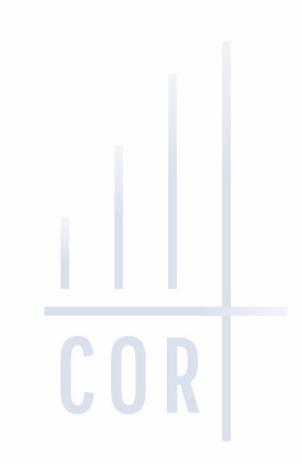
### Push Ups:

- 1. ← 60
- 2. 61-79
- 3. 80-99
- 4. 100-114
- 5. 115+



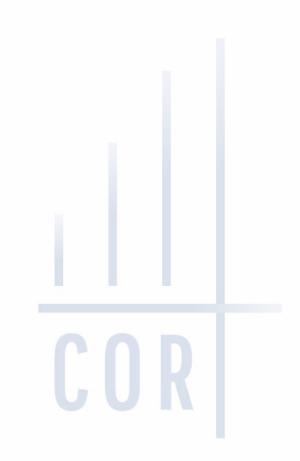
### Cals Biked:

- 1. ← 40
- 2. 41-49
- 3. 50-59
- 4. 60-74
- 5. 75+



# Sit Ups:

- 1. ← 60
- 2. 61-79
- 3. 80-99
- 4. 100-114
- 5. 115+



# <u>BB:</u>

- 1. ← 30
- 2. 31-39
- 3. 40-49
- 4. 50-59
- 5. 60+



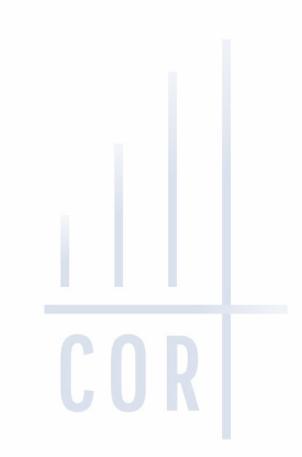
### Meters Rowed:

- 1. ← 800m
- 2. 800-999m
- 3. 1000-1099m
- 4. 1100-1199m
- 5. 1200m+



### **BW Step Overs:**

- 1. ← 100
- 2. 101-119
- 3. 120-129
- 4. 130-149
- 5. 150+



### **AMRAP**:

Reps = Score

 S/A Alt Db Snatch(ttl) (35/50#)

Count Reps & Track Weight!





