



## 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+



## BB:

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!



