



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”



E2MOM: 25 Rounds

1. Choose Starting Cal Count
 - Tread → Bike → Rower
2. UB2 Each Round
3. Go Until Failure!
4. Rest One Round
5. Start Back @ Beginning!
6. Go Until Failure Again!
7. Rest One Round
8. Switch Equipment!

Starting Cal Options: As Precise As Possible!

Tread - Roughly 13m Per/Cal

- Pick a Multiple of Four From 8-28

Bike

- 12, 16, 20, or 24 Cals

Rower

- 14, 18, 22, 26, 30, or 34 Cals



May 23rd

Audio

