



## Warm Up: Cardio Baseline Day!

Baseline last done 10/18/23

- 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”



## 8 Rounds Baseline!

### 6 or 8 Biking Rounds:

- 15 Cals w/ 1:00 TOR
- 20 Cals w/ 1:30 TOR
- 25 Cals w/ 1:30 TOR

### 6 or 8 Rowing Rounds:

- 300m Row w/ 1:00 TOR
- 400m Row w/ 1:00 TOR
- 500m Row w/ 1:30 TOR



