



## Warm Up: Full Body Day!

### 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)



## Metcon: 5 Round Cap

**Same Weight for ALL!**

- 6, 8 or 10 Squat Clean to Thruster(35/50#)
- 6, 8 or 10 DL BB
- 6, 8 or 10 OH Reverse Lunges(ttl)
- 20, 30, or 40 Sit Ups
- 500, 600, or 800m Row



May 31st

Audio

