



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)



Db Windmill Practice:

8 Mins w/ TOR @ Pace

- Xx3-5(ea) @ Max

1:00 Transition Into →

AMRAP: 15 Mins

- 1:00 Run @ 70%+
- 20 BW Squats
- 20 BW Step Overs(ttl)
- 20 BW Lunge Jacks(ttl)



Db/Ball Squat Cleans:

4-5 Sets w/ 1:30 TOR

- 5-8 Reps @ Max

AMRAP: R-O-T

Row down by :15 each round

- 2:00 Row @ Pace
- K to B/V-Ups = Cals ^{^^^}



May 5th

Audio

