



## 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 Sots Press:

1. Practice Position/Mobility
2. Try S/A and/or Dbl
3. “X” Sets of “X” Reps @ Max
  - w/ 1:00 TOR



## E3MOM: 5 Rounds

- 300-600m Run

Or

- 400-800m Row

**3:00 Rest/Transition**

## S/A Reset Complex: 12 Mins

One Side/Arm at a Time

- 2-3 High Pulls
- 2-3 Cleans
- 2-3 Squat Cleans
- 2-3 Snatches
- **1:30 Rest**



June 24th

Audio

