



Warm Up: Full Body Day!

Baseline last done 6/28/23

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)



BB EMOM! AMRAP

Choose Rep Count

- 6, 8, or 10

Rowing Ladder:

- 40 Cals Rowed
- 40 BW Step Overs(ttl)
- 30 Cals Rowed
- 30 BW Step Overs(ttl)
- 20 Cals Rowed
- 20 BW Step Overs(ttl)
- 10 Cals Rowed
- 10 BW Step Overs(ttl)

Chipper: Any Order

- 50 K to B/Tuck Ups
- 30-40 Rollouts/TRX
- 1 Mile Biked
- 40 Hip Dips(ea)
- 50 Superman
- 30 Ball Clean to OH



