



Warm Up: Cardio Day!

- 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”



MB Warm Up:

- 30 Seated Hydrants(ea)
- 50 Monster Walks(ttl)
- 50 Lat Steps(ttl)

4 Rounds:

- :10 Bike Sprint
- 200m Ball Ruck
- 200m Run/Row

***Run UB 200m Each Round**

- 20 Db Alt Snatches(ttl)
- 30 Rolling Sit Ups
- 40 Mountain Climbers(ttl)
- :50 Bear Plank



