

#### June 9th

# 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"

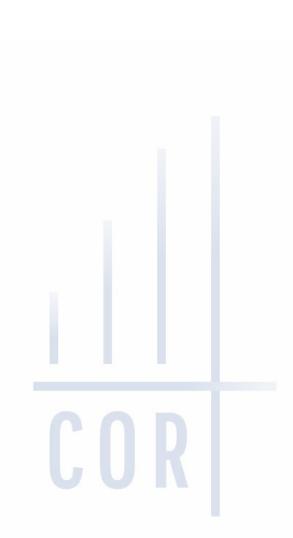
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## MB Warm Up:

- 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



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Audio



