



Warm Up: Full Body Baseline Day!

Baseline last done on 11/29/24

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)



## 8 Min Biking EMOM!

### Choose Calorie Count

- Try to Hold!!!

#### Ladder AMRAP:

- 30 Cals Rowed
- 30 Ball G to OH
- 20 Cals Rowed
- 20 Ball G to OH
- 10 Cals Rowed
- 10 Ball G to OH

#### Db Complex Work:

5 Sets of 3-5 Reps

1:30-2:00 TOR

- Deadlift
- Hang Clean
- Push Press
- Squat



July 16th

Audio

