

August 15th

<u>Warm Up:</u> Full Body Day! Mobility

- "The Stretch"
- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

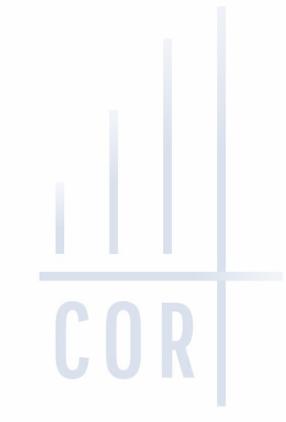
Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes
 Dynamic
- 20 March(ea)
- 20 A Skips(ea)
- 20 B Skips(ea)
- 10 C Skips(ea)
- 10 Walking Cradle(ea)



<u>Alt EMOM:</u> 3 Rounds(ea) Group A

- :45 or 100/50 Singles/DU
 Group B (35/50#)
- 10 S/A Db Snatches(ttl)



Block 2: 10 mins/2 mins

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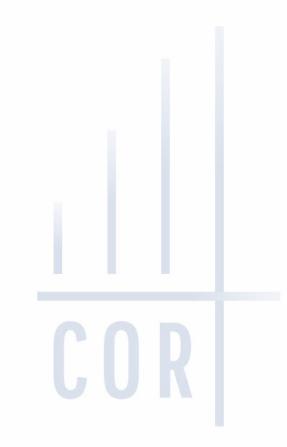
Alt EMOM: 10 Mins Group A - Stop @ :50 10-15 BW Squats AMRAP Singles/DU Group B • Rest

Block 3: 6 mins/1 min

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<u>Alt EMOM:</u> 3 Rounds(ea) Group A

- :45 or 100/50 Singles/DU
 Group B (35/50#)
- 10 S/A Db Snatches(ttl)



Block 4: 10 mins/3 mins

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Alt EMOM: 10 Mins Group A - Stop @ :50 • :20 AMRAP BB AMRAP Singles/DU Group B • Rest

Block 5: 6 mins/1 min

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<u>Alt EMOM:</u> 3 Rounds(ea) Group A

- :45 or 100/50 Singles/DU
- Group B (35/50#)
- 10 S/A Db Snatches(ttl)



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