



Warm Up: 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)



Alt EMOM: 3 Rounds(ea)

Group A

- :45 or 100/50 Singles/DU

Group B - (35/50#)

- 10 S/A Db Snatches(ttl)



Alt EMOM: 10 Mins

Group A - Stop @ :50

- 10-15 BW Squats
- AMRAP Singles/DU

Group B

- Rest



Alt EMOM: 3 Rounds(ea)

Group A

- :45 or 100/50 Singles/DU

Group B - (35/50#)

- 10 S/A Db Snatches(ttl)



Alt EMOM: 10 Mins

Group A - Stop @ :50

- :20 AMRAP BB
- AMRAP Singles/DU

Group B

- Rest



Alt EMOM: 3 Rounds(ea)

Group A

- :45 or 100/50 Singles/DU

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