



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)
- 10 B Skips(ea)
- 10 C Skips(ea)
- 10 Walking Cradle(ea)



Descending Block 🔥 🔥 🔥 🔥

Increase Weight Each Block

- 40 Db Thrusters (35/50#)
- 30, 40, or 50 Cals Biked

Into → AMRAP Run



Descending Block 🔥 🔥 🔥 🔥
Increase Weight Each Block

- 30 Db Thrusters
- 25, 35, or 45 Cals Biked

Into → AMRAP Run



Descending Block 🔥 🔥 🔥 🔥
Increase Weight Each Block

- 20 Db Thrusters
- 20, 30, or 40 Cals Biked

Into → AMRAP Run



Descending Block 🔥 🔥 🔥 🔥
Increase Weight Each Block

- 10 Db Thrusters
- 15, 25, or 35 Cals Biked

Into → AMRAP Run



Descending Block 🔥 🔥 🔥 🔥
Increase Weight Each Block

- 10 Db Thrusters
- 10, 20, or 30 Cals Biked

Into → AMRAP Run



