



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)



Metcon: 10 Mins

- 5 Db BB DL @ Max
- 8/10 Cals Rowed



AMRAP: 4 Mins

- Db Thrusters (35/50#)



EMOM: 10 Mins

Even - Choose One

- 10-20 K to B
- 8-12 Rollouts
- 10-20 Hip Dips(ea)

Odd

- 10-30 Sit Ups



AMRAP: 3 Mins

- Db Thrusters (35/50#)



Alt EMOM: 10 Mins

Even - Choose One

- :30-:45 Bar Hang
- :45 Db Hold @ Max

Odd - Db Complex

1-3 Reps

- 4 Low Rows
- 3 Hang Cleans
- 2 Strict Press
- 1 Squat



AMRAP: 2 Mins

- Db Thrusters (35/50#)



August 4th

Audio

