



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)



EMOM: 8 Mins

Db Windmill

- 5-8 Reps @ Max

1:00 Transition Into →

AMRAP: 15 Mins

- 1:00 Run @ Pace
- 20 BW Squats
- 8-25 Push Ups UB
- 20 Lunge Jacks(ttl)



E2MOM: 5 Rounds

Ball Squat Cleans

- 6-8 Reps @ Max

AMRAP: R-O-T

Row down by :30 each round

- 2:00 Row @ Pace
- K to B/Tuck Ups = Cals ^^^



September 15th

Audio

