



## 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)



## Alt E2MOM:

3 Rounds(ea)

### Group A

- AMRAP Bar Hang

### Group B

- Rest



## Running Intervals:

### 6 or 8 Rounds

- 2:00 @ 70%
- 1:00 Rest

## AMRAP: R-O-T

- 8 Db Alt Snatches(ttl)
- 10 K to B/Rollouts/V-Ups



September 21st

Audio

