# COR

# September 26th

## Warm Up: Full Body Baseline Day! Baseline last done 12/29/23 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)

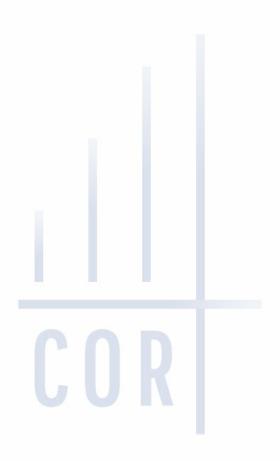


# Baseline!

1600m Run AFAP

Into → R-O-T AMRAP

- :45 Bike @ Pace
- :20 Plank Variation
- :20 Leg Raises
- :20 Hollow Hold



Alt EMOM: 3 Rounds(ea)

Group A - Floor

1:30 AMRAP Singles/DU

Group B - Rowers

• 1:30 Db Hold @ Max

Group C - Bikes

1:30 AMRAP BW Squats



