



September 26th

10 mins

## 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



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Audio

