



Warm Up: Cardio Baseline Day!

Baseline last done 1/13/24

- 40 MB Monster Walks(ttl)
- 30 External Steps(ttl)
- 30 Dorsiflex Heel Steps(ttl)
- 10 Walking Cradles(ea)
- 20 A Skips(ea)
- 10 B Skips(ea)
- 10 C Skips(ea)

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves

“The Stretch”



TC Cardio EMOM Roulette!

AMRAP 7-10 Rounds(ea)

- Tread - +10m
- Bike - +1
- Rower(cals) - +1
- BB - +1

Complete a round, go up the next!



Whiteboard:

T - B - R - BB

10

20

30

40

50

60

70

80

90

100

Whiteboard Set Up:

Write your starting number and then the following 9 rounds in order for each movement. Circle the number/round where you fail. If you fail before the 7th round, try to stay as close to the number as possible until you get to the 7th round at a minimum. Rotate through each movement in EMOM style.

Design Approach:

You go in order from tread to bike to rower to BB every minute on the minute and increase each round. See how far you get on each piece of equipment. Set up on whiteboard is the same. Circle where you fail.



