



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)



Block 🔥 🔥 🔥 🔥

## EMOM - 3 Mins

- :30 Db Hold @ Max
- :15 Stationary Death March

Into → Run

- 200, 300, or 400m

If Finished → Rest, Plank, or Hollow Hold



Block 🔥 🔥 🔥 🔥

## EMOM - 3 Mins

- :30 Db Hold @ Max
- :15 Stationary Death March

Into → Run

- 400, 600, or 800m

If Finished → Rest, Plank, or Hollow Hold



Block 🔥 🔥 🔥 🔥

## EMOM - 3 Mins

- :30 Db Hold @ Max
- :15 Stationary Death March

Into → Run

- 600, 900, or 1200m

If Finished → Rest, Plank, or Hollow Hold



Block 🔥 🔥 🔥 🔥

## EMOM - 3 Mins

- :30 Db Hold @ Max
- :15 Stationary Death March

Into → Run

- 800, 1200, or 1600m

If Finished → Rest, Plank, or Hollow Hold



September 7th

Audio

