



## Warm Up: Full Body Baseline Day!

Baseline last done 1/10/24

### 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)



## 500.50-OH: 45 Min Cap

- 500m Run
- 50 Db Alt Snatches(ttl) (35/50#)
- 50 Db OH Rev Lunges(ttl) (15/25#)
- 50 K to B or Tuck Ups
- 50 Cals Biked
- 50 Db S/A American Swings(ttl) (35/50#)
- 50 BW Squats
- 50 Db Sit Up w/ Press (20/30#)
- 50 Db Bench Step Overs(ttl) (35/50#)
- 500m Run



