



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)



Metcon: 5 Round Cap

S/A Complex = 2 Sets Every Round

- 3-4 High Pulls (35/50#)
- 3-4 Hang Cleans
- 3-4 OH Reverse Lunges
- 20, 30, or 40 K to B or Sit Ups
- 400, 600, or 800m Run/Row



October 10th

Audio

