



Warm Up: Full Body/Cardio 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)



Olympic Ladder:

Run or Row

- 40 Ball High Pulls
- 1600m Run/Row
- 40 Ball Cleans
- 1200m Run/Row
- 40 Ball Squat Cleans
- 800m Run/Row
- 40 Ball Squat Clean to Thruster
- 400m Run/Row
- 20, 30, or 40 BB



October 13th

Audio

