



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: In Order

- 500m Row
- 3-5 Reps of Db Complex

Complex #1

- 3 Deadlift
- 3 Low Row
- 3 Hang Cleans
- 3 Tap Squats

Complex #2 - Single Arm

- 1 Devil Press
- 2 Swings
- 3 Push Press
- 4 OH Rev Lunges(ttl)

Complex #3 - Man Maker

- 3-5 Push Ups
- 3-5 Renegade Rows(ttl)
- 3-5 Hammer Curls
- 3-5 Standing Press

Complex #4

3 Rounds = 1 Rep

- Clean
- Hang Clean
- Squat Clean
- Hang Squat Clean



October 18th

Audio

