



Warm Up: Full Body Baseline Day!

Baseline last done 3/22/24

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)



Keep Moving!

25 Min Cap

- 10 Db Alt Snatch (35/50#)
- 4-7/10 Step Over BB
- 15/20 Db Alt Snatch(ttl)
- 4-7/10 Step Over BB
- 20/30 Db Alt Snatch(ttl)
- 4-7/10 Step Over BB
- 25/40 Db Alt Snatch(ttl)
- 4-7/10 Step Over BB
- 30/50 Db Alt Snatch(ttl)
- 4-7/10 Step Over BB



You go, I go!

8 Rounds(ea):

- :30 Singles/DU

7 Rounds(ea):

- 2-3 Ball Pick Ups to S

6 Rounds(ea):

- :30 Singles/DU
- 4 Db Cleans



