



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)



You go, I go!

E2MOM: 5 Rounds(ea)

- 12-16/16-20 Cals Rowed
- 7-10 Strict Pull Ups

3:00 Rest Into → 12 Round Cap

E2MOM: AMRAP

- 8-12/12-16 Cals Biked
- BB, Ball Clean to S, Step Over
Done = 60, 80, or 100 Reps!



