



Warm Up: **Cardio Day!**

- 40 MB Monster Walks(ttl)
- 30 External Steps(ttl)
- 30 Dorsiflex Heel Steps(ttl)
- 10 Walking Cradles(ea)
- 20 A Skips(ea)
- 10 B Skips(ea)
- 10 C Skips(ea)

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves

“The Stretch”



5 Rounds:

:30 On/:30 Off

- Db Pull Through

1:00 Transition Into →

E4MOM: 5 Rounds

- 8-16/12-20 Cals Biked
- 100-250m Run

AMRAP: R-O-T

Choose One

- T to B
- K to B
- Rollouts
- V-Up Variation



AMRAP: 10 Mins

- 200m Run
- :30-:45 TOR



