

#### November 15th

## 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"

	R	

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<u>5 Rounds:</u> :30 On/:30 Off

• Db Pull Through

1:00 Transition Into  $\rightarrow$ 

E4MOM: 5 Rounds

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

<u>AMRAP:</u> R-O-T Choose One

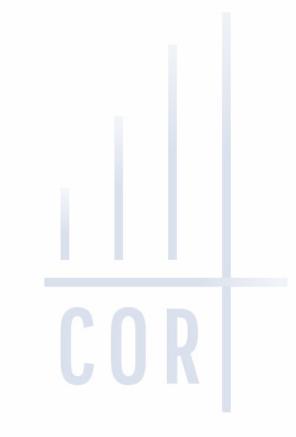
- T to B
- K to B
- Rollouts
- V-Up Variation

Block 1: 34 mins

Block 2: 10 mins/1 min

# <u>AMRAP:</u> 10 Mins • 200m Run

• :30-:45 TOR



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Audio

R

C

