



## 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)



## T Choose One:

### 10 Min Cap

- 1600m Run
- 2000m Row

## Db Thrusters:

- 75 or 100 Reps

Every 15/20 = Ramp

## T Choose One:

### 10 Min Cap

- 1600m Run
- 2000m Row



## On Whiteboard

### Ladder: "X" Rounds UB2

- 2 Ball G to S
- 2 K to B/Rollout/Choice
- 2 Hollow Rocks
- 2 DbI Db OH March(ttl)
- 2 BB(Optional)



