



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)



TDb Windmill: 7 Mins

- 5 Reps(ea) w/ :45 TOR

1:00 Transition Into →

AMRAP: 15 Mins

- 20 Cals Ran
- 10-30 BW Squats
- 10-30 Push Ups
- 10-30 Lunge Jacks(ttl)



T Squat Cleans:

4-5 Sets w/ 1:30 TOR

- 4-8 Reps @ Max
- Ball or Db

AMRAP: R-O-T

Bike down by :30 each round

- 3:00 Bike @ Pace
- K to B/Rollouts/Sit Ups = Cals ^^^



