# COR

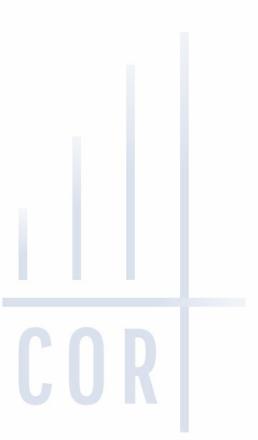
# Warm Up: Cardio Day!

- 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"



## E2MOM: 25 Round Cap

- 1. Choose Starting Cal Count
- Tread → Bike → Rower
- 2. UB2 Each Round
- 3. Go Until Failure!
- 4. Rest One Round
- 5. Start Back @ Beginning!
- 6. Go Until Failure Again!
- 7. Rest One Round
- 8. Switch Equipment!

### **Starting Cal Options:**

As Precise As Possible!

Tread - Roughly 13m Per/Cal

- Pick a Multiple of Four From 8-28
  Bike
- 10, 12, 14, 16, or 18 Cals Rower
  - 14, 16, 20, or 24 Cals





Audio