



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



