



Warm Up: Interval or Arm 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”



Run or Row:

Speed Intervals(Choose One)

- 8-24x200m w/ :30 TOR
- 4-12x400m w/ 1:00 TOR
- 2-6x800m w/ 2:00 TOR
- 2-3x1600m w/ 4:00 TOR

Endurance/Volume Intervals

- 8-24x1:00 @ 70%+ w/ :30 AR
- 4-12x2:00 @ 60%+ w/ 1:00 AR
- 2-6x4:00 @ 60%+ w/ 1:30 AR
- 2-3x8:00 @ 60%+ w/ 2:00 AR



5 Rounds:

- 16/20 Cal Row
- 12, 15, or 20 Db Tricep Ext
- @ Max

T Chin Ups:

5 Sets w/ 1:00 TOR

- 5-10 Reps UB

4 Rounds:

- 12/16 Cals Rowed
- 8-10 Db Hammer Curls
- @ Max

Tricep Superset:

3-5 Sets w/ 1:30 TOR

- 10 Db Kickback @ Max
- 10-15 Tricep Pulldowns UB

3 Rounds:

- 8/12 Cals Rowed
- 5 Db Man Makers



AMRAP: On Whiteboard

One leg at a time

- 3-5 Three Point Touch
- 4-8 Db RDL
- 3-5 Pistol Squat(Bench)
- 20 Lateral Hops/6 Low B/Bosu
- 3-5 Burpee Variation



