



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)



Db Metcon: 5 Round Cap

Max Weight

- 4, 6, or 8 Squat Clean to Thruster
- (35/50#)
- 4, 6, or 8 DL BB
- 4, 6, or 8 OH Reverse Lunges(ttl)
- 20, 30, or 40 Sit Ups
- 400, 600, or 800m Row



