



Warm Up: **Cardio Baseline Day!**

Baseline last done 1/19/24

- 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”



Baseline!

- 800m Run

TEMOM: 8 Mins

Even

- 10-20 K to B/Core Choice

Odd

- 10-20 Sit Ups

Metcon: 4 Rounds

- 12, 16, 20, or 24 Cal Bike Ride
- 150, 200, or 300m Run
- 20, 30, or 40 BW Squats
- 2:00 Rest



