



## Warm Up: **Arm Day!**

- Band Rotator Cuff
- Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- PVC Elbow Mobility



## EMOM: 4 Rounds

1. :30 Bike @ 70%+
2. 8-15 Db Supinated Curls
3. 6-8 Db Clean to OH
4. 8-15 Db Tricep Ext
5. 5-12 Chin Ups UB

1:00 Transition Into →

## AMRAP: 2 Mins

- Any Burpee Variation



## Running Warm Up:

### 5 Mins

- Skips
- Negative

### 1:00 Transition

## Work Up Sprints:

1. 2x200m(50m)
  - 1:00 TOR
2. 2x150m(50m)
  - :45 TOR
3. 2x100m(25m)
  - :45 TOR
4. 2x60m(20m)
  - :30 TOR



