



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”



Buy In:

- 1000m Row

Trunk Work:

Choose One

- 50-80 K to B
- 30-60 Rollouts
- 60-100 Sit Ups

Metcon: 4 or 5 Rounds

- 12-16/16-20 Cals Rowed
- 10 Db Snatch to OH Rev Lunge(ttl)



Running Warm Up:

- Skips
- Negative

Sprint Work:

Sprint & Active Recovery

1. 1x80m w/ 1:00 TOR
2. 2x60m w/ 1:00 TOR
3. 3x40m w/ :45 TOR

Buy Out:

- 20-30 Ball Pick Up to S



December 29th

Audio

