



Warm Up: Full Body Baseline Day!

Baseline last done on 4/26/24

Mobility

- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes

Dynamic

- High Knees x30(ttl)
- Butt Kicks x30(ttl)
- Jumping Jacks x30
- Leg Swings x10(ea)



## Bodyweight Buster!

5 Rounds: 15 Min Cap

7, 10, or 15 Reps(ea)

- BW Squats
- BB
- Push Ups



## TEMOM: 8 Mins

- 10-20 K to B

Or

- 8-12 Rollouts

Or

- 10-20 V-Ups/Tuck Ups



## Conditioning: 17:00 Mins

:15 Transitions After Run/Bike

- 2:00 Run or Bike @ 60%+
- 10-20 Ball Tosses UB(GA)
- :40 AMRAP Singles/DU(GB)
- 2:00 Run or Bike @ 60%+
- 10-20 Ball Tosses UB
- :40 AMRAP Singles/DU
- 2:00 Run or Bike @ 60%+
- 10-20 Ball Tosses UB
- :40 AMRAP Singles/DU
- 2:00 Run or Bike @ 60%+
- 10-20 Ball Tosses UB
- :40 AMRAP Singles/DU



December 31st

Audio

