COR

December 31st

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

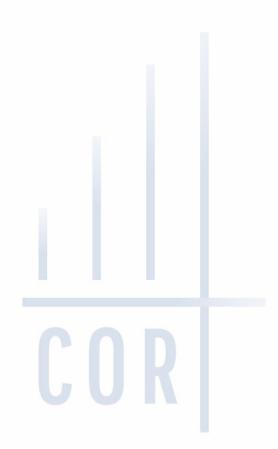
• 10-20 K to B

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



