COR

December 9th

Warm Up: Full Body Day!

Mobility

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

Foam Rolling

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

Dynamic

- 20 March(ea)
- 20 A Skips(ea)
- 10 B Skips(ea)
- 10 C Skips(ea)
- 10 Walking Cradle(ea)



Running Warm Up:

5 Mins

- Skips
- Negative

1:00 Transition

E90MOM: 5 Rounds

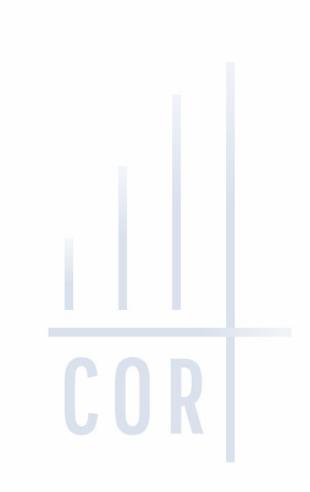
- 60m Sprint
- Fastest Speed



TDb Clean to OH:

5 Sets w/ 1:30 TOR

• 8 Reps @ Max



BW Tabata:

1:30 TOR

- 1. BB
- 2. Core Choice
- 3. Squats

