



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



- T** Db Clean to OH:
5 Sets w/ 1:30 TOR
- 8 Reps @ Max



BW Tabata:

1:30 TOR

1. BB
2. Core Choice
3. Squats



