



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”



Db Psoas Hold:

4x:30(ea) @ Pace

- Ground
- Mat
- Bosu

Jump w/ S/L Stick:

20 Reps(ea) @ Pace

- Ground
- Mat
- Low Bench
- High Bench
- Over Bench



Alt EMOM: 4 Rounds(ea)

Group A

- :10 Bike Sprint
- AMRAP Singles/DU

Group B

- Rest



12 Min Cap:

- 1600m Run
- OR
- 2000m Row

AMRAP: R-O-T

- 8 Bar Skill Reps
 - :30 Rest
- OR
- :30 Plank
 - :30 Rest



Alt EMOM: 4 Rounds(ea)

Group A

- :8 Bike Sprint
- AMRAP Singles/DU

Group B

- Rest



January 27th

Audio

