



Warm Up: Full Body Day!

Mobility

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

Foam Rolling

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

Dynamic

- 10 Walking Cradles(ea)
- 15 A Skips(ea)
- 10 C Skips(ea)
- 20 Low Pogo's



Pull Up Month!

- 20-30 Strict Reps

TDb Windmill:

4 Sets w/ :45 TOR

- 5 Reps(ea) @ Max

1:00 Transition Into →

AMRAP: R-O-T

- 20 Cals Ran
- 10-30 BW Squats
- 10-30 Push Ups
- 10-30 Lunge Jacks(ttl)



Squat Cleans:

5 Sets w/ 1:30 TOR

- 4-8 Reps @ Max
 - Ball or Db

AMRAP: R-O-T

Bike down by :30 each round

- 2:00 Bike @ 60%+
- Core Choice = Cals ^^^



March 18th

Audio

