



Warm Up: Cardio Baseline Day!

Baseline Last Done 5/29/24

- 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"



8 Rounds Baseline!

6 or 8 Biking Rounds:

- 15 Cals w/ 1:00 TOR
- 20 Cals w/ 1:30 TOR
- 25 Cals w/ 1:30 TOR

6 or 8 Rowing Rounds:

- 300m Row w/ 1:00 TOR
- 400m Row w/ 1:00 TOR
- 500m Row w/ 1:30 TOR



March 21st

Audio

