



Warm Up: Full Body Baseline Day!

Baseline Last Done 5/11/24

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!

5 Min Cap

- 20-30 Strict Reps

O.G. AMRAP!

12 Mins

- 3 Belly Burpees
- 6 Push Ups
- 9 BW Squats
- 12 Sit Ups



E2MOM: 5 Rounds

- 150-400m Run

Or

- 200-450m Row

Or

- DU Practice



Metcon: 14 Mins

- 100/40 Singles/DU or 1:00
- 10 Aerobic Cals
- 10-20 Core Choice

Same Weight

- 6 Db Step Overs
- 4 Db Tap Squat, Curl, Press
- 2 Db Gibson's



March 8th

Audio

