



Warm Up: Cardio Baseline Day!

Baseline Last Done 5/13/24

- 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”



Calorie Ladder!

50/40/30/20/10

- Run
- Bike
- Row
- Sit Ups



April 15th

Audio

