



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



AMRAP: "X" Rounds

- Choose One Option

Option #1

- 300/400m Run
15, 20, or 25 Reps
- BW Squats
- Sit Ups
- Push Ups
- BW Step Overs

Option #2

- 400/500m Row
- 8 Ball G to S
- 10 Ben/Box Overs
 - BW
- 8 Db Push Press
 - @ Max(**35/50#+**)
- 10 Core Choice

Option #3

- 4:00 Biking Negative
Same # For ALL
- 8 Low Rows
- 6 Hang Cleans
- 8 Deadlifts
- 6 Snatches
- 2 Complexes
 - 2-3 Reps Each
- **2:00 Rest**



May 14th

Audio

