COR

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

Option #2

Option #3

- 15, 20, or 25 Reps 8 Ball G to S
- Sit Ups

- 300/400m Run
 400/500m Row

 - BW Squats 10 Ben/Box Overs 8 Low Rows
 - BW

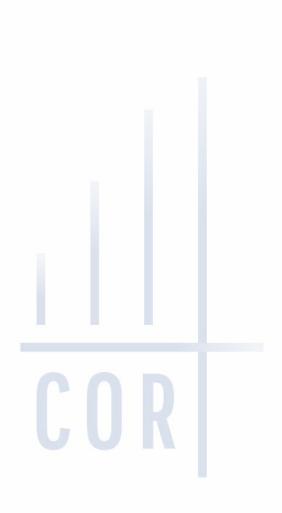
 - BW Step Overs @ Max(35/50#+) 6 Snatches
 - 10 Core Choice

4:00 Biking Negative

Same # For ALL

- 6 Hang Cleans
- 8 Deadlifts
- 2 Complexes
- 2-3 Reps Each
- 2:00 Rest





Audio