



## 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



## Db Sots Press:

1. Practice Position/Mobility
2. Try S/A and/or Dbl
3. “X” Sets of “X” Reps @ Max
  - w/ 1:00 TOR



## E3MOM: 5 Rounds

- 200-600m Run

Or

- 300-800m Row

3:00 Rest/Transition

## S/A Db Complex: 12 Mins

Both Sides Before Rest

- 2-3 Swings
- 2-3 Cleans
- 2-3 Push Press
- 2-3 Devil Press
- 1:30 Rest



May 25th

Audio

