



## 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



## Run/Ski Metcon: 2 Rounds

- 3 Mins @ 50%+
- 5 Db S/A Man Maker(ea)
- 2 Mins @ 60%+
- 4 Db S/A Man Maker(ea)
- 1 Mins @ 70%+
- 3 Db S/A Man Maker(ea)
- :30 Min @ 80%+
- 2 Db S/A Man Maker(ea)

## Ladder Metcon:

4 Rounds ⇒

- 40 Ben/Box Overs(ttl)
- 40 K to B or Tuck Ups

DB 10 Each Round

## Biking Metcon: 5 Rounds

DB .2/.3 Each Round

- 1 or 1.5 Mile
- 8 Ball Complex

High Pull → Clean → Snatch

## 5 Rounds:

- 1:00 Run @ Pace
- Db Suitcase Carry
  - 2 Shuttles(ea)



June 15th

Audio

