



Warm Up: Cardio Day!

- 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"



Group A

Running EMOM: 12 Mins

- 50-225m Run
 - 4th & 8th Mins Optional

Group B

Metcon: 12 Mins

- 100/50 Singles/DU
 - 1:00 Cap
- 4 S/A Db Clean to OH(ea)
- 200m Row



EMOM: 15 Mins

1. 5-10 Sprinter Hops(ea)
2. 8-25 Core Choice
3. 5-8 Depth Drops



June 22nd

Audio

