



Warm Up: Intervals or Back 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"



Run or Row:

Speed Intervals(Choose One)

- 8-24x200m w/ :30 TOR
- 4-12x400m w/ 1:00 TOR
- 2-6x800m w/ 2:00 TOR
- 2-3x1600m w/ 4:00 TOR

Endurance/Volume Intervals

- 8-24x1:00 @ 70%+ w/ :30 AR
- 4-12x2:00 @ 60%+ w/ 1:00 AR
- 2-6x4:00 @ 60%+ w/ 1:30 AR
- 2-3x8:00 @ 60%+ w/ 2:00 AR



E3MOM: 4 Rounds

1. 8-12 S/A Db Low Rows
 - Right Arm
2. 8-12 S/A Db Low Rows
 - Left Arm
3. 8 Ball Clean to Shoulder

E3MOM: 4 Rounds

1. 8-12 S/A Kneeling Band Pulls
 - Right Arm
2. 8-12 S/A Kneeling Band Pulls
 - Left Arm
3. :25-:50 Bar Hang
 - Can Accumulate



Two Part Ladder:

UB 2 - 9 Mins

- 2 Pull Ups
- 2 Cals Ski'd
- 2 BW Ben/Box Overs

1:00 Rest/Transition

DB 2 - 9 Mins

- Pull Ups
- Cals Ski'd
- BW Ben/Box Overs



AMRAP: On Whiteboard

One leg at a time

- 3-5 Three Point Touch
- 4-8 Db RDL
- 3-5 Pistol Squat(Bench)
- 20 Lateral Hops/5 Box/Bench
- 3-5 Burpee Variation



June 25th

Audio

