



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



2 Rounds(ea) Alternating!

Group A

Group B

Biking Intervals: 12 Mins

3 Rounds & Accumulate

- :30 @ Max
- 1:00 @ Pace
- :30 @ Max
- 1:00 @ Pace
- **1:00 Rest**
- Off Bike

EMOM: 12 Mins(3 Rounds)

 30-100/**30-50** Singles/**DU**

1. 3-7 BB or 5-10 Push Ups
2. 5-15 BW Squats
3. 8-14 Lunge Jacks(ttl)
- 4. Rest**

June 7th

Audio

