



Warm Up: Cardio Baseline 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"



Deep/Depth Squat:

1:00 On/:30 Off

1. The Stretch
 - :30(ea)
2. Deep Squat Hold
 - 1:00
3. Goblet Deep Squat
 - 1:00



Bike Calorie Climb Baseline!

Last Done 11/25/24

- Ascending EMOM Ladder
- Start @ 1 Cal
- Go to Failure

Option #1

AMRAP Ladder: 15-20 Mins

UB2 Each Round

- 2 Db S/A OH Front Lunges(ttl)
- 2 K to B/Rollout/Tuck Ups
- 2 Db Renegade Rows(ttl)
- 2 Cals Ran

Option #2

- 600 or 800m Run
- 2:00 Rest
- 600 or 800m Run
- 2:00 Rest
- 600 or 800m Run



July 1st

Audio

YT Video!

