



## Warm Up: Full Body Baseline!

Baseline last done on 12/21/22

### Mobility

- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

### Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes

### Dynamic

- High Knees x30(ttl)
- Butt Kicks x30(ttl)
- Jumping Jacks x30
- Leg Swings x10(ea)



## 12 Days of Christmas!

1. Cals Biked
2. Db Renegade Rows(ea)
3. BW Squat
4. BB
5. Ball Pick Ups
6. Mountain Climbers(ea)
7. BW Reverse Lunge(ea)
8. BW Jump Squat
9. Cals Rowed
10. Push Ups
11. BW Front Lunges(ea)
12. P to E(ea)



