



Warm Up: Full Body!

Mobility

- “The Stretch”
- 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)



Tempo: 4 Sets(ea) w/ 1:30 TOR

Add Bosu if Possible

- 12 Db S/L Low Row
- 12 Db Goblet Squat
- 12 Db S/L Curl to Press

300m Row After Each

Into → R-O-T

AMRAP:

- 3-5 BB DL(Heavy)
- :30-:45 Rest



Bosu AMRAP: 7 Mins

- 20 Plank Jacks(Hands on)
- 10 Plank S to S/PU(ttl)
- 8 Front Foot Lunges(ea)



January 4th

Audio

