



## Warm Up: Cardio Baseline Day!

Baseline last done 8/1/22

- 50 External Steps(ttl)
- 50 Dorsiflex Heel Steps(ttl)
- 30 Iso High Knee(ea)
- 30 MB Lat Steps(ea)

## Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves
- Adductors

“The Stretch”



## Baseline!

- 800m Run

## EMOM: 8, 10, 12, or 16 Mins

Even

- 10-15 K to B/Rollouts/V-Ups

Odd

- 10-20 Sit Ups

## Metcon: 4 Rounds

- 12, 18, or 25 Cal Bike Ride
- 200, 300, or 400m Run
- 20, 30, or 40 BW Squats
- **2:00 Rest**



