



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)



E2MOM: “X” Rounds

BB UB1 Each Round

- 200m Row
- 1 BB

Db Clean to OH:

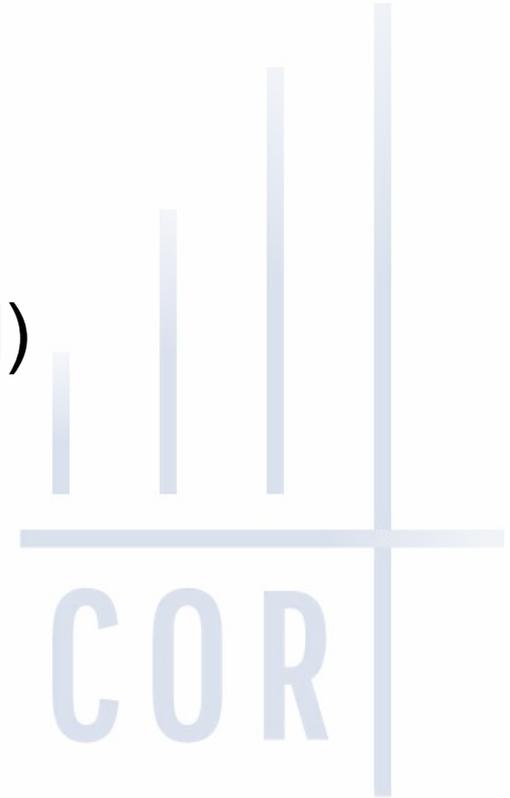
4-5 Sets w/ 1:30 TOR

- 6-10 Reps @ Max

Into → 1600m Row

Trunk Work: 5 Round Cap

- 5 Db Windmills(ea)
- 8 Ball Slams w/ Rotation(ttl)
- 10-15/8 K to B or Rollouts
- 16 Russian Twists(ttl)
- 16 Deadbugs(ttl)
- :30 Bike @ Pace (Optional)



January 21st

Audio

