



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)



E7MOM: 5 Rounds

- 4 or 6 Bench Complex
 - BB DL
 - Ball Squat Clean
- 12-16/16-20 Cal Row
- 200, 300, or 400m Run



Db Olympic Work:

Choose Any

- High Pulls
- Cleans
- Cleans to OH
- Snatches



February 17th

Audio

