



## Warm Up: Deload Week!

- 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"



## 1:00 Baselines!

- 1:00 BB
- 3:00 Rest
- 1:00 Sit Ups(Past 90)

## Full Body Metcon:

### Same Ball Throughout

- 300 or 400m Run
- 8 Ball G to S
- .3 or .5 Mile Bike
- 6 DbI Db G to OH
- :30 Ball Hold
- 4 Ball G to S
- 150m Ball Ruck(Optional)
- 2 DbI Db G to OH
- 2-3:00 Rest



February 9th

Audio

