



Warm Up: Full Body Day!

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)



March 25th

800m Run or 5 Mins

Into → You go, I go!

5 Rounds(ea):

- 8 Cals Biked or :30
- 60/30 Singles/DU or :30

8 Rounds(ea):

- 5 Db Clean to OH

5 Rounds(ea):

- 15, 20, or 25 BW Squats
- 100 or 150m Run

5 Rounds(ea):

- :30 Singles/DU

Choose One:

1. 120 K to B
2. 80 Rollouts
3. 120 S/L V-Ups

5 Rounds(ea):

Partner A - **Pacer**

- 100/50 Singles/DU or 1:00

Partner B

- AMRAP Run

Buy Out: Solo

- 600 or 800m Run



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Audio

