



Warm Up: Cardio Day!

- 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”



You go, I go!

8 Rounds(ea):

- :30 Singles/DU

2:00 Rest/Transition

EMOM: 10 Mins

Partner A

- 5/7 Cals Biked
- 8 Db Snatches(ttl)
- AMRAP Singles/DU

Partner B

- Rest



Metcon Ladder:

Down & Up

- 400m Run or 2:00
- 1:00 Rest
- 400m Run or 2:00
- 20 Ball Cleans
- 300m Run or 1:30
- :45 Rest
- 300m Run or 1:30
- 15 Ball Cleans
- 200m Run or 1:00
- :30 Rest
- 200m Run or 1:00
- 10 Ball Cleans(Once)



April 21st

Audio

