



Warm Up: **Urban Legend!**

Mobility

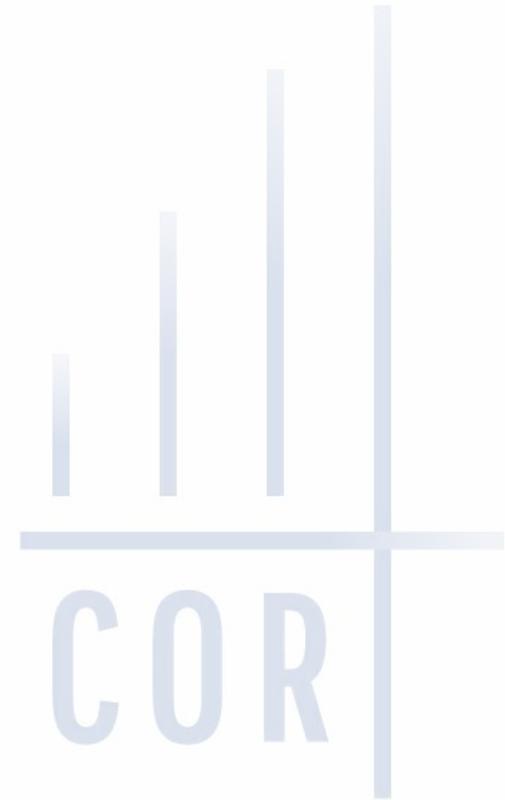
- “The Stretch”
- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes

Dynamic

- High Knees x30(ttl)
- Butt Kicks x30(ttl)
- Jumping Jacks x30
- Leg Swings x10(ea)



Urban Legend:

(30's/45's)

- 100 Cals Biked
- 50 Db Push Press
- 1600m Run
- 40/50 Push Ups
- 50 Db Chest Press
- 50 Cals Biked
- 50 Db Front Squat
- 50 BW Squats
- 25 Cals Biked
- 800m Run
- 20 BB

Partitioned: 5 Rounds

(30's/45's)

- 10/20 Cals Biked
- 10 Db Push Press
- 200/320m Run
- 8/10 Push Ups
- 10 Db Chest Press
- 7/10 Cals Biked
- 10 Db Front Squats
- 10 BW Squats
- 5 Cals Biked
- 160m Run
- 4 BB

Partner: You go, I go

(30's/45's)

- 100 Cals Biked(10)
- 50 Db Push Press(10)
- 1600m Run(800m)
- 40/50 Push Ups(10)
- 50 Db Chest Press(10)
- 50 Cals Biked(10)
- 50 Db Front Squat(10)
- 50 BW Squats(10)
- 25 Cals Biked(15-10)
- 800m Run(400m)
- 20 BB(5)

April 27th

Audio

