



Warm Up: Full Body Baseline Day!

Baseline last done 10/24/23

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)



## BW AMRAP!

12 Mins

- 3 Belly Burpees
- 6 Push Ups
- 9 BW Squats
- 12 Sit Ups



EMOM: 8 Mins(ea)

**Group A**

- 6 Db Tap Squat, Curl, Strict Press
- AMRAP Singles/DU

**Group B**

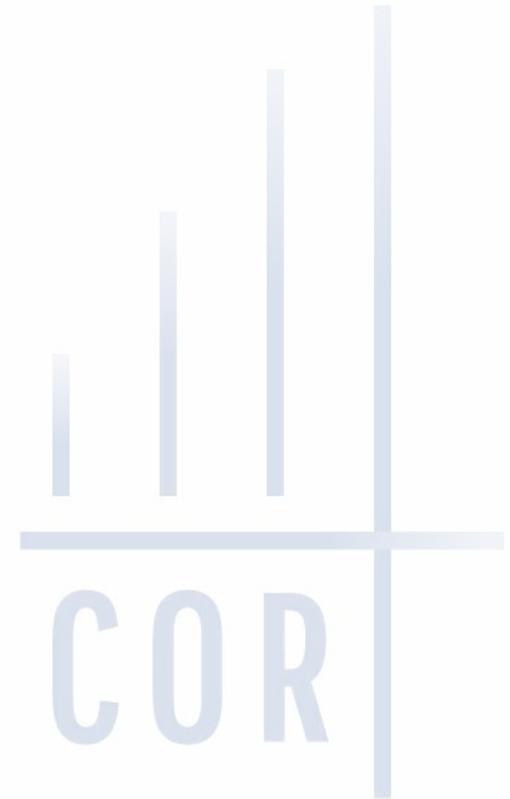
Even

- :40 Bike @ 60%+

Odd

- :40 Plank Shoulder Taps → Plank

**2:00 Rest/Transition**



## E2MOM: 5 Rounds

- 150-400m Run
- Or
- 200-450m Row
- Or
- DU Practice



May 11th

Audio

