



Warm Up: Cardio Day!

Baseline last done 8/1/23

- 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”



May 3rd

300!

50:00 Running Clock

1. 100/**125** Cals Biked
2. 100/**125** Cals Rowed
3. 100/**125** Cals Ran

Every 2.5 Mins →

1. 6/8/**10** S/A Db Devil Press
2. 6/8/**10** Ball G to S
3. 15/20/**30** BW Squats

****Must ALWAYS** perform exercise at transition times regardless if you finished cal count or not!

Transitions:

1. 2:30
2. 5:00
3. 7:30
4. 10:00
5. 12:30
6. 15:00
7. 17:30
8. 20:00
9. 22:30
10. 25:00
11. 27:30
12. 30:00
13. 32:30
14. 35:00
15. 37:30
16. 40:00
17. 42:30
18. 45:00
19. 47:30

Block 1: 50 mins



May 3rd

Audio

