COR

June 10th

10 mins

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)

June 10th

Block 1: 22 mins

AMRAP: 10 Mins(ea)

Group A

- 8 Db Clean to OH
- 100-150/40-50 Singles/DU

Group B

- 100-200m Run
- 8 Db Tap Squat, Curl, Press

2:00 Transition/Switch

June 10th

Block 1: 10 mins/2 mins

EMOM: 4 Mins(ea)

Group A

- 4-8 Burpees
- Singles/DU Until :50

Group B

- :40 Deadbugs

2:00 Transition/Switch

June 10th

<u>Buy Out:</u>

- 1600m Run/Row

June 10th

Audio