



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)



Knee Health:
Touch-Downs

- 20-30(ea)

Db Sots Press: R-O-T

- Practice Dbl or S/A



“X” Rounds: Run or Row

Accumulate 1600m

- 1:00 On
- 1:00 Off

Db Complex:

4 Sets of 3-4 Reps w/ 2:00 TOR

- Triple Deadlift
- DbI Low Row
- Hang Clean
- DbI Front Squat
- DbI Strict Press



June 16th

Audio

