



## Warm Up: Cardio Day!

- 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”



## Buy In:

- 1600m Run/Row

## Metcon: 4 or 5 Rounds

- 12-16/16-20 Cals Rowed
- 10 S/A Db Snatch to OH Rev Lunge(ttl)

## Trunk Work:

### Choose One

- 60-100 K to B
- 40-60 Rollouts
- 60-100 Sit Ups



Sprint Work:

**Run/Row & Walk Back**

1. 20m/40m
2. 20m/40m
3. 40m/60m
4. 40m/60m
5. 100m/120m
6. 100m/120m
7. 100m/120m

Buy Out:

- 20-30 Ball Pick Up to S



June 29th

Audio

