



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

- 20 March(ea)
- 20 A Skips(ea)
- 10 B Skips(ea)
- 10 C Skips(ea)
- 10 Walking Cradle(ea)



Metcon Ladder:

4 Rounds DB500/5

- 2000m Row
- 20 Db Cleans (35/50#)
- 20 Chin Ups
- 20 Burpee Variation
- 20 Db Thrusters (35/50#)
- 20 K to B



On Whiteboard

Burpee Variations:

- High Bench
- Low Bench
- Regular
- Belly(BB)
- Push Up
- Bench Over BB(Low)
- Step Over BB(High)



October 27th

Audio

