



Warm Up: [Urban Legend Playtest!](#)

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)



Urban Legend:

(30's/45's)

- 100 Cals Biked
- 50 Db Push Press
- 1600m Run
- 40/50 Push Ups
- 50 Db Chest Press
- 50 Cals Biked
- 50 Db Front Squat
- 50 BW Squats
- 25 Cals Biked
- 800m Run
- 20 BB

Partitioned: 5 Rounds

(30's/45's)

- 10/20 Cals Biked
- 10 Db Push Press
- 200/320m Run
- 8/10 Push Ups
- 10 Db Chest Press
- 7/10 Cals Biked
- 10 Db Front Squats
- 10 BW Squats
- 5 Cals Biked
- 160m Run
- 4 BB

Partner: You go, I go

(30's/45's)

- 150 Cals Biked(25)
- 75 Db Push Press(15)
- 2400m Run(800m)
- 60/75 Push Ups(15)
- 75 Db Chest Press(15)
- 75 Cals Biked(15)
- 75 Db Front Squat(15)
- 75 BW Squats(15)
- 40 Cals Biked(20)
- 1200m Run(600m)
- 30 BB(15)

