



## Warm Up: Full Body Day!

### Mobility

- 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)



Alt E3MOM: 4-5 Rounds(ea)

**Group A - Stop Rope @ 1:30**

- 200/75-100 Singles/DU
- 20-40 Core Choice

**Group B - S/A Work**

- 4 Cleans(ea)
- 3 Squat Cleans(ea)
- 2 Cleans to OH(ea)
- 1 Thruster(ea)

**Group C**

- 16-32/24-40 Cals Biked



