



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

- 10 Walking Cradles(ea)
- 15 A Skips(ea)
- 10 C Skips(ea)
- 20 Low Pogo's



Block 🔥 🔥 🔥 🔥

EMOM: 5 Rounds(ea)

:30 On/:30 Off

- AMRAP Singles/DU

Into → R-O-T

AMRAP: w/ Tempo

- 8 Db RDL
- :30 Rest



Block 🔥 🔥 🔥

5 Rounds:

:30 On/:30 Off

- AMRAP Singles/DU

Into → R-O-T

AMRAP: w/ Tempo

- 8 Db Supinated Curl
- :30 Rest



Block 🔥 🔥

5 Rounds:

:30 On/:30 Off

- AMRAP Singles/DU

Into → R-O-T

AMRAP: w/ Tempo

- 6 Db Thruster
- :30 Rest



Block 🔥

5 Rounds:

:30 On/:30 Off

- AMRAP Singles/DU

Into → R-O-T

AMRAP: w/ Tempo

- 8 Db Chest Press
- :30 Rest



January 25th

Audio

