



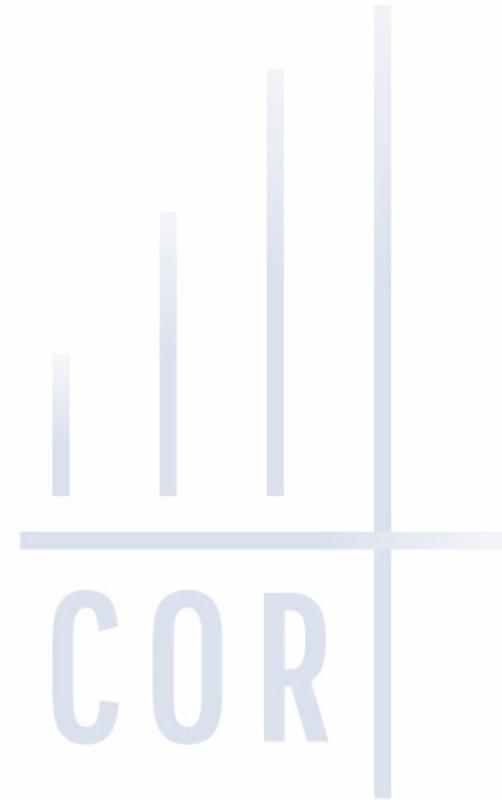
Warm Up: Cardio Capacity Day!

- 40 MB Monster Walks(ttl)
- 30 External Steps(ttl)
- 30 Dorsiflex Heel Steps(ttl)
- 10 Walking Cradles(ea)
- 20 A Skips(ea)
- 10 B Skips(ea)
- 10 C Skips(ea)

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves

“The Stretch”



Capacity Work:

- 4:00 or 54/70 Cals Rowed
- 1:30 Rest
- 2:00 or 24, 28, or 32 BB
- 1:30 Rest
- 3:00 or 40/52 Cals Rowed
- 1:30 Rest
- 1:30 or 16, 20, or 24 BB
- 1:30 Rest
- 2:00 or 26/34 Cals Rowed
- 1:30 Rest
- 1:00 or 8, 12, or 16 BB



Option #1

Alt EMOM: 21 Mins

Group A - Stop @ :50

- 50-80/30-50 Singles/DU

Group B

- 4-8 Ball Squat Cleans

Group C

- :8-:10 Bike Sprint

Option #2

Alt EMOM w/ Rest: 21 Mins

Group A - Stop @ :50

- 50-80/30-50 Singles/DU

Group B

- 4-8 Ball Squat Cleans

Group C

- :8-:10 Bike Sprint

Rest a min when needed!



January 8th

Audio

