



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



You go, I go! Everything = Total

1. 1200 or 1600m Run or Row
2. 10-9-8-7-6-5-4-3-2-1
 - Db Reset DL w/ Low B. Step Over
 - Bench Over BB
3. 800 or 1200m Run or Row
4. 20 Db Bear Complex
 - Clean - Squat - PP - Squat - PP
5. 400 or 800m Run or Row
6. 100 or 150 Ball Tosses
7. 200m Run or Row **EACH**
8. AMRAP Db Man Makers



February 4th

Audio

