



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



Pull Up Month!

- 20-30 Strict Reps

Knee Health:

Touch-Downs

- 20-30(ea)

TDb Sots Press: R-O-T

- Practice Dbl or S/A



“X” Rounds: No Bike

Accumulate 1600m

- 1:00 On
- 1:00 Off

Db Complex:

4 Sets of 2-3 Reps w/ 2:00 TOR

- Triple Deadlift
- Dbl Low Row
- Hang Clean
- Dbl Front Squat
- Triple Strict Press



