



Warm Up: Interval or Cardio 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”



Pull Up Month!

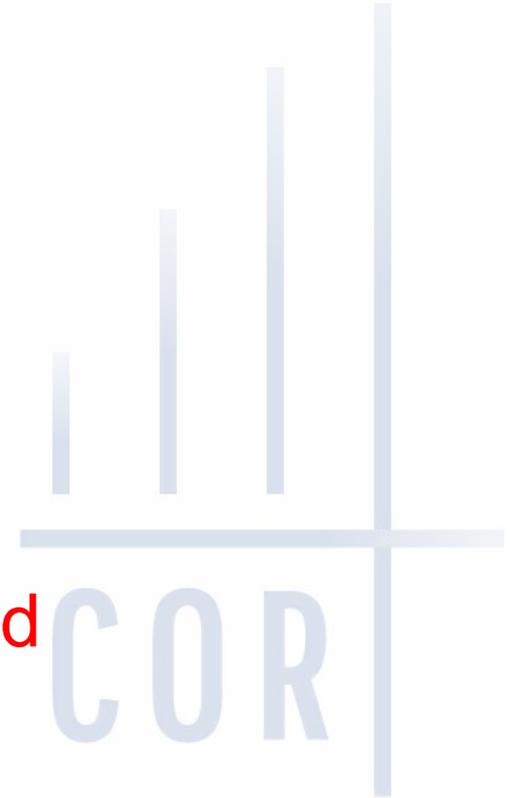
- 20-30 Strict Reps

EMOM: "X" Rounds

1. 7-15 Push Ups
2. 10-15 BW Squats
3. 6-8 Bench/Box Overs
4. 6-8 Db Curl to Press

Done = When 2-3 of Choice Are Completed

- 60, 80, or 100 Cals Rowed
- 60, 80, or 100 Cals Biked
- 60, 80, or 100 Cals Ski's
- 75, 100, or 125 Cals Ran



Run or Row:

Speed Intervals(Choose One)

- 8-24x200m w/ :30 TOR
- 4-12x400m w/ 1:00 TOR
- 2-6x800m w/ 2:00 TOR
- 2-3x1600m w/ 4:00 TOR

Endurance/Volume Intervals

- 8-24x1:00 @ 70%+ w/ :30 AR
- 4-12x2:00 @ 60%+ w/ 1:00 AR
- 2-6x4:00 @ 60%+ w/ 1:30 AR
- 2-3x8:00 @ 60%+ w/ 2:00 AR



AMRAP: On Whiteboard

One leg at a time

- 3-5 Three Point Touch
- 4-8 Db RDL
- 3-5 Pistol Squat(Bench)
- 20 Lateral Hops/6 Low B/Bosu
- 3-5 Burpee Variation



March 5th

Audio

