



Warm Up: Optional Full Body Day!

Baseline Last Done 4/2/24

Mobility

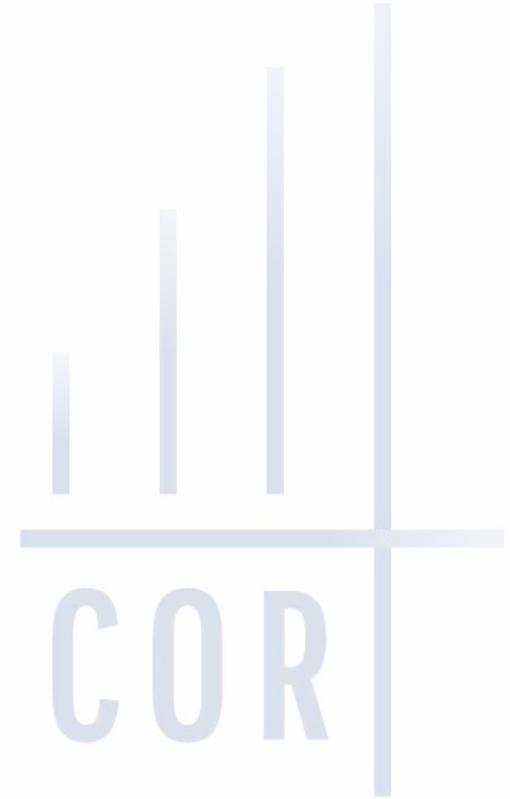
- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

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



Optional 5k!



Block 🔥 🔥 🔥

- 15-30 Cals Biked

Db Complex: 4 or 6 Reps

1:00 Rest Between Sets

- Renegade Rows(ttl)
- Low Rows
- Hang Cleans
- Front Rack Front Lunges(ttl)



Block 🔥 🔥 🔥

- 15-30 Cals Biked

S/A Db Complex:

1:00 Rest Between Sets

- 1 Devil Press
- 2 OH Reverse Lunges
- 3 Swings
- 4 Squats



Block 🔥 🔥 🔥

- 15-30 Cals Biked

Bear Complex:

3-5 Rounds = 1 Set

- 1 Clean
- 1 Squat
- 1 Push Press
- 1 Squat
- 1 Push Press

Rest is @ Pace



