COR

May 17th

10 mins

Warm Up: Leg Baseline Day

Baseline Last Done 6/26/24

- Test Deep Squat Db Mobility
- Roll Hip Flexors & Calves
- Low Bench Ankle Mobility
- 90/90 Hip Mobility w/ Raise
- PVC Wrist/Elbow Warm Up
- Re-Test Deep Squat Db Mobility

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Thruster Climb!

EMOM Style(35's/50's)

- UB 1 Rep Every Minute

Accumulated Carry:

400m = 42 Shuttles

Every Rest =

- 200 or 300m Run
- 5, 8, or 10 BB

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Audio