



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



Metcon: 5 Round Cap

S/A Complex = 2 Sets Every Round

- 2 Shuttles(Suitcase Carry)
- 2-4 High Pulls (35/50#+)
- 2-4 Hang Cleans
- 2-4 OH Reverse Lunges

Into →

- 20-40 Tuck Ups or Sit Ups
- 300-500m Run/Row **OR 2:00 Rest**



May 20th

Audio

