



Warm Up: 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"



EMOM: 10 Mins

Ramping

- 5x100m Run
- 3x80m Run
- 2x60m Sprint



Alternating E3MOM: 10 Rounds

Group A

AMRAP:

- 80/**40** Singles/**DU**
 - :45 Cap
- 12 S/A OH Rev Lunge(ttl)
- 10-20 Core Choice
 - No Rollouts

Group B (On Turf)

Ladder: Down & Up 30-20-10(Repeat)

20-15-10(Repeat)

- Cals Biked
- Db Alt Snatches
 - **(35/50#)**

Into → AMRAP Run



