



Warm Up: Partner 1776!

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



1776 You go, I go!

Buy In & Out:

Tabata(4 Mins)

- Max Cals Biked

1. 2x400m Run(ea)
2. 200 BW Squats
3. 200 Db Push Press
4. 200 Sit Ups
5. 200 BW Walking Lunges
6. 200 Db Tricep Ext
7. 200 Singles/100 DU(ea)
8. 176 Ball G to S



