

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	Foam Roll Series	1			
	Wall Hip Swings (forward)	1	15e		
	Wall Hip Swings (lateral)	1	15e		
	Sumo Squat to Hold	2		30s	
	Fire Hydrants	1	15e		
	SL Glute bridge	1	12e		
	Supine Floor Sliders	1	15		
	Yoga Pushup	1	15		
	Triangles	1	12e		
	Fling Jumps	1	15		
	KB TGU	1	4e		

Notes:

Order	Movement	Exercise	Sets	Reps	Work	Rest
		1) High Knees		10		
		2) DB/KB Squat to Press		20		
		3) Plank Jacks		30		
		4) Jumping Jacks		40		
		5) Flutter Kicks *big kicks*		50†		
		6) Sprint		60yd		

Notes:
AFAP

# of rounds	7 Rounds
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Order	Finisher	Sets	Reps	Work	Rest

Notes:
OMIT *stretch if time allows*