

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	Foam Roll Series				
	Kneeling T-Spine Rotation	3	10e		
	Iron Cross	3	10e		
	Scorpions	3	10e		
	Shinbox	3	10e		
	Inchworms w/ yoga pushup	1	10		
	Prone I,Y,T *on floor*	1	10e		
	Burpees	1	10		

**Notes:**  
warm-up & story should be 20 minutes!

Order	Movement	Exercise	Sets	Reps	Work	Rest
		Ladder Style: 10>1				
		KB Swing				
		Staggered Stance Squat				
		TRX Inverted Row *make them challenging*				
		DB Arnold Press				
		Knee Grabs				

**Notes:**  
\*30 minute AMRAP\* Workout is done in a ladder style going from 10 reps all the way down to 1 rep, once you hit the last rep of the last exercise, start over at 10 until time is up! Keep track of your rounds! \*\* for the staggered stance squat, it is 10e,9e,8e, etc..\*\*

# of rounds

Order	Finisher	Sets	Reps	Work	Rest

**Notes:**  
Stretch if time allows