

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	Foam Rolr Series	1			
	Worlds Greatest Stretch w/ Rotation	1		20s	
	Hip Circles	1	10e		
	Side Lying Windmills	1	10e		
	Glute Bridge w/ Alt Reach	1	10		
	SL Glute Bridge	1	10e		
	Iron Cross	1	10t		
	Alt Lateral Lunge w/ OH Reach	1	10t		
	Jumping Jack	1	10		
	Jump Squat	1	10		
	Low Pogo	1	20		

Notes:

Order	Movement	Exercise	Sets	Reps	Work	Rest
		Rnd 1) *x15min AMRAP*				
		Band Resisted High Knees		40t		
		Plate Press (floor to overhead)		20		
		MB V-up		10		
		Rnd 2) *x15min AMRAP*				
		Frogs		10		
		TRX Row *underhand*		20		
		Mountain Climbers		40t		

Notes:
3-5 minute break in between rounds

of rounds

Order	Finisher	Sets	Reps	Work	Rest

Notes:
OMIT *stetch if time allows*