

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest	Notes:
	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			

Order	Movement	Exercise	Sets	Reps	Work	Rest	Notes:
		Rnd 1) *x15min AMRAP*					3-5 minute break in between rounds
		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			

# of rounds	
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Order	Finisher	Sets	Reps	Work	Rest	Notes:
						OMIT *stretch if time allows*