

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	Worlds Greatest Stretch w/ Thoracic Rotation	1		30s	
	Jumping Jacks	3		20	
	Fling Jumps	3		20	
	Gate Swings	3		20	
	Line Hops	3		10e	

Notes:
Metabolic Chaos: wk2, day 1

Order	Movement	Exercise	Sets	Reps	Work	Rest
		High Knees	1	20e		
		TRX Row	1	10		
		Pushup	1	10		
		Sitout	1	10t		
		Knee Grab	1	10		
		Wdeouts	1	20		
		MB Slam	1	10		

Notes:
1 Round: 30min (AMRAP) If you have time left, stretch them out!

# of rounds	AMRAP
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Order	Finisher	Sets	Reps	Work	Rest

Notes:
Omit