

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	Foam Roll Series	1			
	World's 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	10†		
	Alt Lateral Lunge w/ OH Reach	1	10†		
	Jumping Jack	1	10		
	Jump Squat	1	10		
	Low Pogo	1	20		

Notes:

Order	Movement	Exercise	Sets	Reps	Work	Rest
		Rnd 1) *15min AMRAP*				
		Wtd Burpees		10		
		Widouts		20		
		Flutter Kicks		40†		
		Rnd 2) *15min AMRAP*				
		MB Slam		20		
		Plank-N-Row		10e		
		Line Hops OR Bench Hops		40†		

Notes:
3-5 minute break in between rounds

# of rounds	
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Order	Finisher	Sets	Reps	Work	Rest

Notes:
OMIT *stretch if time allows*