

### MOBILITY

90s/90s Couch Stretch  
90s/90s Pigeon Stretch  
Open Gate (10m)  
Close Gate (10m)  
Heel Walking (10m)  
Toe Walking (10m)  
Walking Lunges (10m)  
Reverse Lunges (10m)  
Lateral Lunges (10m)

### DYNAMIC

High Knees (10m)  
Butt kicks (10m)  
Punter Kicks (10m)  
Forward Skips (10m)  
Backward Skips (10m)  
Lateral Side Shuffle Down (10m)  
Lateral Side Shuffle Back (10m)  
2x:  
10 Squats  
10 Push Ups

### AMRAP

10 MINS

10 Alt Lateral Leg Swings  
5/5 Lateral Lunges  
10 Alt Lateral Push Ups

### FOR TIME

3 - 5 X

10/10 Reverse Lunges  
:20 sec Knee To Chest  
10/10 Glute Bridges with  
leg extension

### TABATA

8X OR 4MINS  
20 SEC ON  
10 SEC OFF

Alternate between:  
Alligator Drag  
Runners

### EMOM

12 MINS

5 Tuck Ups  
5/5 Reverse Plank w/ Lateral Leg Swings

### FOR TIME

30 - 20 - 10

Knees To Chest Slider Sprawls  
Mountain Climbers  
Lateral Squatting