

Day 1 Mobility of the Week: 2 rounds • ½ Kneel Adductor Rock 5x5s • Bent Over Thoracic Rotation 5x5s • Windmill 5x5s Prep/Core: 3 rounds • Alt Slide Frog Tuck Circles x20 • ½ kneel Speed Chop x 10 • Slider Hamstring Curl x 10 x 5 sec Movement: 5 rounds • Turkish Get Up • Dive Bomb Pushup • Prone I.Y.Ts • Mountain Climbers ** 45 sec on/25 off ** Rotate through circuit	Day 2 Mobility of the Week: 2 rounds • ½ Kneel Adductor Rock 5x5s • Bent Over Thoracic Rotation 5x5s • Windmill 5x5s Prep/Core: 3 rounds • Crawl to Crab Underswitch x20 • Cross V Tuck x5 e • Sumo Squat x 10 Movement: 5 rounds • Step Back Lunge • Tall Plank to Side Reach • Push Up • Burpees ** 45 sec on/25 off ** Rotate through circuit	Day 3 Mobility of the Week: 2 rounds • ½ Kneel Adductor Rock 5x5s • Bent Over Thoracic Rotation 5x5s • Windmill 5x5s Prep/Core: 3 rounds • Bird Dog Extension x10 • Horizontal Sissy Squat 3x5 s e • Inchworm x20 Movement: 5 rounds • Wall Sits • Dips • Slider Seal Walks • Shuffles ** 45 sec on/25 off ** Rotate through circuit
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