

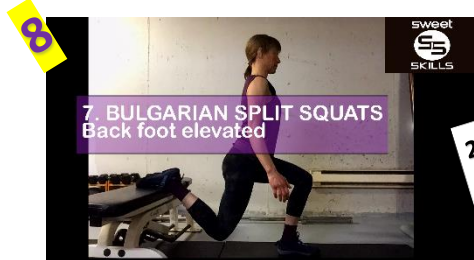
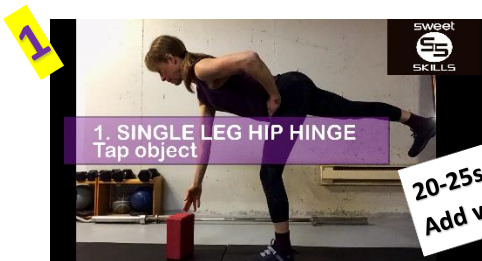
Mobility Warm Up

Do each of these 5-10X before getting into the workout



WORKOUT

Go from 1-10 with no breaks. 45sec work, 15sec rest (get ready for next exercise). 3 ROUNDS!



STRETCHES

Hold 30-60 sec each

