



2 x 20' Blocks

Warm Up 2' Moderate spin

- 1.** 4 x 10" Hard Effort : 20" Easy Effort
- 2.** 4 x 20" Hard Effort : 10" Easy Effort
- 3.** Roll Easy x 1'
- 4.** 3 x 2' Hard Effort : 1' Easy Effort
- 5.** 3 x 45" Hard Effort : 15" Easy Effort
- 6.** Roll Easy x 1'
- 7.** 2' Walk or Back Mobility or Foam Rolling

Repeat 1-7

Session = 42'

