

Focus: Mix things up and some Fun!

Warm Up (800)

400 Choice R:15

4 x 50 Drill R:15

4 x 50 Choice R:15

Mixin' Up (900)

2x thru:

4 x 75 Choice R:20

4 x 15" Vertical Kick R:15

1 x 50 Choice R:10

1 x 75 Choice R:30

Warm Down (5:40pm) (200)

200 Choice