



Warm Up: Leg Day!

Mini Cycle #5/8

- Test Deep Squat Db Mobility
- Roll Hip Flexors & Calves
- Low Bench Ankle Mobility
- 90/90 Hip Mobility
- PVC Wrist/Elbow Warm Up
- Re-Test Deep Squat Db Mobility



Mini Cycle: Week #5

Deadlift - Volume

- 5:00 Extra Warm Up

AMRAP: 5 Round Cap

- 10 Db Deadlifts @ 60%
- 20 BW Step Overs(ttl)
- 200m Run

Into →

- AMRAP Bench Hip Bridges



Alt E2MOM: 4 Rounds(ea)

Group A - 1:30 Cap

- Down & Back Db Death March

Group B

- 1:30 Row @ Max <28 S/M

Group C

- :40 Plank
- :20 Rest
- :20 Hip Dips(ea)



