



## Warm Up: Leg Day!

### Mini Cycle #7/8

- 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



## Deadlift Mini Cycle - Volume

### 4-5 Rounds:

- 10 Deadlifts @ 60-50%
- 10 Low Bench Step Overs w/ ^^
- 7-12/10-15 Cals Biked

Into → 1 Mile Run or 10 Mins

### AMRAP: R-O-T

- 14 Bench Hip Bridges
- 12 Dead Bugs(ttl)
- 10 Hollow Rocks
- 8 Sit Ups



## Bench Db Split Squat:

**3-5 Sets w/ 1:00 TOR**

- 6-10 Reps(ea) @ Max

R-O-T → 50 MB Hydrants(ttl)



January 16th

Audio

