



Warm Up: Leg Day!

- 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



5 Rounds: You go, I go!

8:00 Work/2:00 Rest

- 800 or 900m Run(ttl)
- 30 or 40 Ball Tosses(ttl)
- 80/30-40 Singles/DU(ea)
- 8-10/10-12 Cals Biked(ea)



