



Warm Up: Leg Day!

Mini Cycle #6/8

- 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 - Heavy

- Continue Warm Up
- 5x6-5 @ 90%+ w/ 3:00 TOR
- Can overload if comfortable

Haven't been following along?

- 5x8-10 @ 60-50% w/ 1:30 TOR

Into → 1 Mile Run or 10 Mins

AMRAP: R-O-T

- 5 S/A Db Swings(ea)
- 5 Db Windmills(ea)
- 10 Cal Row(Optional)
- 1:00 Rest(Optional)



EMOM: 10 Mins

Even

- 100-225m Run

Odd - @ 40%

- 8, 12, 15 Db Front Squats



January 8th

Audio

