



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



Single Db Sumo Squat:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps w/ Pause @ Max

Post Chain Superset:

3-5 Sets w/ 1:30 TOR

- 10 Db Deadlifts @ 60%
- 12-15 Bench Hip Bridges

Ball Squat Clean:

4-5 Sets w/ 1:00 TOR

- 6-8 Reps @ Max

When Done → Row @ Pace



You go, I go! AMRAP

- 100 or 130m Run
- 14 Db Alt Front Lunges(ttl)



