



Warm Up: Leg Day!

Baseline last done 6/22/23

- 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



February 12th

Baseline!

- 1:00 BW Squats AMRAP

Db Deadlifts: Ramping

4-5 sets w/ 1:30 TOR

- 8-12 Reps Starting @ 50%

Ladder: 5 Rounds

Start @ 30 or 20 & DB5/3

- Cals Biked
- 1:00 Rest

Into → R-O-T

Metcon:

Treat as complex

- 2 Db Thrusters(35/50#)
- 4 Db Cleans
- 6 Db Front Squats
- 8 Db Alt Front Lunges(ttl)
- 300 or 400m Run



February 12th

Audio

