



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



MB Work:

- 50 Monster Walks(ttl)
- 20 Leg Lifts(ea;med)
- 20 Leg Lifts(ea;max)

Db Deadlifts: Ramping

4-5 Sets w/ 2:00 TOR

- 8-12 Reps Starting @ 50%

Db Front Squats: Ramping

AMRAP Sets w/ 2:00 TOR

- 8-12 Reps Starting @ 50%



EMOM: 10 Mins

1. 50-200m Run
2. 6-8 Ball Squat Cleans
3. 10-16 Db Step Overs(ttl)
4. 7-22 Cal Bike Ride
5. 10-20 BW Lunge Jacks(ttl)
6. 7-22 Cal Bike Ride
7. 10-16 Db Step Overs(ttl)
8. 6-8 Ball Squat Cleans
9. 50-200m Run
10. 10-20 BW Lunge Jacks(ttl)



February 20th

Audio

