COR

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



February 20th

MB Work:

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

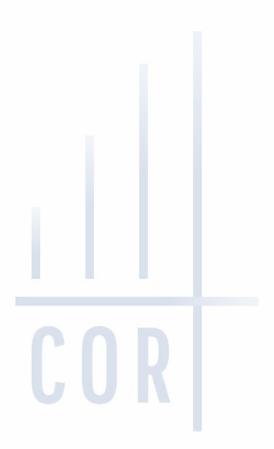
Db Deadlifts: Ramping

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%



February 20th

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)





