



Warm Up: Partner 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



You go, I go AMRAP!

(300) (450)

1. 100 or 130 Cals Biked
 - 100 Db Front Squats @ 40%
2. 80 or 110 Cals Biked
 - 100 Db Deadlifts @ 50%
3. 60 or 90 Cals Biked
 - 100 Db Cleans @ Max(35/50#)
4. 40 or 70 Cals Biked
 - 150 Db Alt Front Lunges(ttl)
5. 20 or 50 Cals Biked
 - 25 or 50 BB



February 29th

Audio

