



Warm Up: **Leg Lifting 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



On Whiteboard!

After Each Exercise:

- 30 MB Monster Walks(ttl)
- 20 MB Leg Raises(ea;max)
- 20 MB Hydrants(ea)



March 13th

Db Thruster Drop Set:

3/6/9/12/15-Failure

- Decrease weight each set

Or →

Db Front Squats:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ 50-60%

Db Hip Thrust:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps

Or →

S/A Db Swings:

4-5 Sets w/ 1:00 TOR

- 8-10 Reps(ea)

Db Deadlift Ladder:

12/10/8/6/4/4/4

- Increase weight up to 4
- Rest = <1:00

Or →

TRX Hamstring Curls:

4-5 Sets w/ 1:00 TOR

- 15-20 Reps(UB)

Db Bulgarian Split Squat:

3-5 Sets w/ 1:00 TOR

- 6-10 Reps(ea) on Low Bench

Or →

Db Reverse Lunges:

4-5 Sets w/ 1:00 TOR

- 6-10 Reps(ea)



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Audio

