COR

Warm Up: Leg Lifting Day!

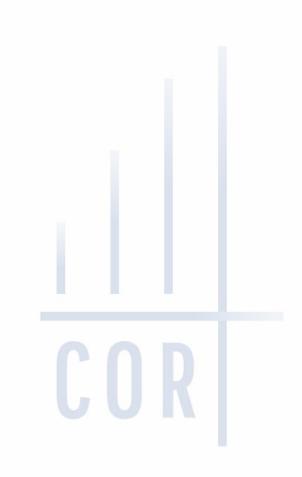
- Test Deep Squat Db Mobility
- Roll Hip Flexors & Calves
- Low Bench Ankle Mobility
- 90/90 Hip Mobility
- PVC Wrist/Elbow Warm Up
- Re-Test Deep Squat Db Mobility



On Whiteboard!

After Each Exercise:

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



<u>Db Thruster Drop Set:</u> Or → <u>Db Front Squats:</u> 3/6/9/12/15-Failure

Decrease weight each set

4-5 Sets w/ 1:00 TOR

• 8-12 Reps @ 50-60%

Db Hip Thrust:

 $Or \rightarrow S/A Db Swings:$

4-5 Sets w/ 1:00 TOR

• 8-10 Reps(ea)

4-5 Sets w/ 1:00 TOR

• 8-12 Reps

Db Deadlift Ladder:

Or → TRX Hamstring Curls:

4-5 Sets w/ 1:00 TOR

• 15-20 Reps(UB)

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

Increase weight up to 4

• Rest = <1:00

<u>Db Bulgarian Split Squat:</u> Or → <u>Db Reverse Lunges:</u>

4-5 Sets w/ 1:00 TOR

3-5 Sets w/ 1:00 TOR

6-10 Reps(ea) on Low Bench
6-10 Reps(ea)



March 13th Audio

